



INNERSCAPES

**Photography and Subjective Reality
Exploring Your Self Through Photography
April 13th and 14th 2007**

**Gain greater awareness of the ways in which you
perceive and orient yourself in the world.
Learn techniques to help you express yourself with
your camera.**

Facilitated by

Richard Martin

Photographer, Writer, Teacher

www.RichardMartinPhoto.com

&

Lee Kraemer

Psychotherapist, Writer, Photographer.

www.innerscapes.ca



"An unexamined life is not worth living." -- Socrates

"The Photograph has an inherent way of recording the visual world that gives it its own unique depiction of what we see. Everyone's concept or idea of reality is, to some extent, different. What we experience in life- our backgrounds, genders, personalities, psychologies, interests and knowledge – collectively forms our individual concept of reality. What is correct and true for one person may be completely foreign to another. Every time we view something,

our mind routinely attempts to understand it- using our concept of reality as a framework. When making photographs we are subconsciously capturing within it the image of our personal reality.” Richard Martin (excerpt from ‘Reconstructing Reality’ Photo Life magazine, March 2005)

“When we look through the camera “viewfinder” what we select is a very personal and subjective view. We only see what we are open (able) to see. This is because we see through a lens of our own experience and history.

Understanding “our point of view” is important, because without this understanding we tend to repeat mistakes and patterns that have arisen out of the past. Becoming aware of your unique ‘point –of-view’ has the potential to unlock doors to the unconscious mind.

Participants experience photography as a powerful tool, which helps to reveal hidden aspect of the self. This can be both liberating and potentially transformative. Your photographs will benefit too!

In the workshop we ask you to linger and be mindful of the inner processes, involved in taking of a photograph.

Using the camera as a tool for self-expression and self-understanding is rewarding and fun.”

Lee Kraemer

Creative expression of any kind mirrors your perception of the world. During the workshop we will ask you to photograph what “speaks” to you and encourage you to write about your experiences. Through this process we hope you will gain a greater awareness of the ways in which you perceive and orient yourself in the world.

“It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self”. D.W. Winnicott

**Schedule:**

Friday evening. 6-9pm Lee and Richard will show some of their slides and talk about their approaches to photography and techniques for self-expression. No camera

Saturday - Early morning shoot, to 5.30pm.
Photographic exercises, lunch, time to select and view your images.
Discussion.

Fee: \$220.00 Registration ends Monday April 2nd 2007

Location:

176 St George St. (2nd Floor) opposite the St George subway station.
Downtown Toronto. Indoor and Outdoor

Lee Hayden-Kraemer is a psychotherapist in private practice in Toronto and a photographer. She has a special interest in how creativity can enhance quality of life. Lee developed 'Innerscapes Photography' workshops to provide an opportunity for participants to actively experience their creativity in an uncritical playful way.
www.leekraemer.ca

Richard Martin pursues photography as a medium of visual expression. Known for sharing his enthusiasm, creative vision, and passion for the medium, Richard has been leading workshops for twelve years and has frequently published in Photolife Magazine....www.RichardMartinPhoto.com

To reserve a place in the workshop complete the attached application and mail or email to us:

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