



# Research Participants Wanted



Many women are weighed down by negative self-appraisals based on how we have been taught to view ourselves or based on events that have happened in our lives. In my experience, though, strong photographs can help us improve our “eyesight”—by honoring our life stories and by empowering us to imagine how we can shine in the future.

As part of my master’s degree in art therapy at Mount Mary University in Milwaukee, Wisconsin, and during my internship at The Light of the Heart in Aurora, Illinois, I am conducting a study of phototherapy portraiture. I am looking for three female participants, eighteen and over, who are willing to be interviewed about their lives, bring in family photographs to discuss, and be photographed again. Curious or otherwise interested women are welcome and encouraged to sign up, regardless of whether they consider themselves “photogenic.” This **free** study will involve three-sessions in one-on-one workshops over the course of several weeks in October or November, and the process is designed to promote self-esteem and personal empowerment. Included is a photoshoot with 15-20 images for participants to keep.

Though this proposed study will be conducted by a master’s-level art therapy student, I am unable to accept participants who are actively or passively suicidal, are currently chemically dependent, or are presently struggling with eating-disorder behaviors.



If you have questions or to sign up, please go to [www.thelightoftheheart.org](http://www.thelightoftheheart.org). The deadline to register your interest is by September 30, 2014. Thanks!