



Photography for the Inner Me

The soul never thinks without a picture.
Aristotle

The lens shoots both directions.
Freeman Paterson

Photographs and the process of taking pictures can tell us a great deal about our lives. *Photography for the Inner Me* is about how to use photography to explore your life. The principles of photography can guide you to a greater sense of well being as you explore how you *see* the world.

Learn that the lens points both directions. As we look out to the world, we are looking into ourselves. Photography becomes a language of its own. As you work with your own photographs you will explore your past, present and future. Blending photography and writing adds depth to understanding our inner life.

Whether you become involved in *Photography for the Inner Me* individually or with a group, the tone is always gentle and creative. You are invited but not required to share your photographic explorations.

Let photography become a way of learning about and nurturing your *inner me*.

Your "eye" can help you enjoy your *Inner "I"*.

More than picture taking

**Photography can quiet and enrich the *inner me*.
Experience and explore:**

- *photography as meditation*
- *photography as "in-sight"*
- *photography as celebration*
- *photography as exploration*
- *photography as memory*
- *photography as gift giving*
- *photography as companionship*
- *photography as adventure*
- *photography as witness*
- *photography as story telling*
- *photography as vision building*
- *photography as therapy*

Photography for the Inner Me

Dr. Ronna Fay Jevne

*Take a better picture;
Live a better life.*

The lens shoots both directions.



My love of photography goes back to childhood. Now, with digital technology, photography is both convenient and very affordable. Photography is about more than the print I produce. It has taught me patience and humility, encouraged my creativity, been my companion and accounted for many friendships. It has helped me see the world differently.

As well as being an avid photographer, I have used photography with clients for many years and presented publicly to many audiences about using photography to explore life. I am convinced that if you learn to take a better picture, you will live a better life.

My career has spanned decades as a teacher, psychologist, professor, inspirational speaker and author. I have an undergraduate degree in English and graduate degrees in Philosophy, Theology, and Psychology. Over the course of my career, I have received such awards as the Pettifor Award for Outstanding Contribution to Psychology, the YWCA Women of Excellence in the Social Sciences and the Global Woman of Vision.

Now semi-retired, I returned to private practice to continue the work I love. I live with my husband, Allen, on a piece of heaven.

Young or old (8-80+), photographer or complete novice, "photography for the inner me" may be for you.

Photography for the Inner Me

Use your camera to become a student of your own life and a therapist of your own soul.

Learn to:

- *Focus more clearly on issues*
- *See the big picture more accurately*
- *Examine concerns through a new lens*
- *Look at things close up*
- *Filter out the negativity*
- *Frame your future with new creativity*
- *Compose your life with intent*
- *Explore new ways of seeing*
- *Learn to look at things from different angles*
- *Develop new perspectives*
- *Trust your eye to develop your "I"*

Getting started

Consider a one to one session; a small group session with friends; a gift session for someone special, including yourself; a workshop; a home or office visit; a luncheon or evening talk for your group.

Four sessions to choose from -

The Ten Most Common Photographic Errors: Learn to avoid those amateur mistakes. This session is strictly photography and fun.

Images and Echoes: Exploring your life with photography and writing. In *Level 1*, acquire the skills of photojournaling. In *Level 2*, apply them to one issue in your life. In *Level 3*, take the plunge and make a visual statement about your life. Images and Echoes workshops are a minimum of one day.

Photographic Wisdom: Everything you need to learn in life you can learn from a camera. Learn how the principles of taking good photographs apply to living your life differently.

Phototherapy: Individual counselling using photography.

Some individual sessions are eligible for insurance coverage.

For fees, schedules or to be included on the mailing list contact:

Dr. Ronna Jevne

ronna.jevne@ualberta.ca

website: www.ronnajevne.ca

Phone: 780-387-4673

Fax: 780-387-4824

Who is Ronna?

Trust your eye to develop your I

Explore the power of image.