

Tali Harel- Even MA

Doctoral Researcher, Graduate School of Creative Arts Therapies.

Research Interests:

Creativity; Photography; Photo Therapy; Therapeutic photography; Positive psychology; Art therapy interventions; Adolescents; Self-awareness; Group Therapy.

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For the past three years, Ms. Harel- Even Research the effect of Photographic for self-documentation on self-esteem, with adolescents and that in a non-therapy set-up but in real life environment. Ms. Harel- Even completed her pre-research in the supplementary track leading to Ph.D. studies in the Creative Arts Therapies for 'Personal Growth through the Lens of the Camera Processing participation & observation on oneself in adolescents', at the University of Haifa in 2013, and continued directly to her PhD studies. After the pre- research, the study focus at this stage in research photography within the assumption that Social-networking sites, a product of the 21st century, provide new access to the self as an object. By providing opportunities for selective self-presentation, through photography one might increase self-awareness and impact self-esteem.

Ms. Harel-Even is a Social worker, a Family Therapist and certified Art Therapist; having worked as such for 14 years , in the Children Department & in the Hematology Unit in the Bnai-Zion Hospital, Haifa. Has been responsible for therapy Adolescence domain in Bnai-Zion Hospital, adolescent clinic. Ms. Harel- Even works for several years as an Art therapist, family and couple therapist in a private clinic .In the last year she Facilitator and guide to a group of IDF widows, including integration of dynamic group therapy with photography.

In the last ten years Ms. Harel Even is Head of Film and Photography Studies in the Communication and Cinema Department at the Reali High-School, Haifa. Throughout this time Ms. Harel- Even Continues to create as an artist and photographer.

Research Project:

Personal Growth through the Lens of the Camera, Processing participation & observation on oneself in adolescents.

University of Haifa Supervisor: Prof. Rachel Lev-Wiesel

Abstract:

Photography is a common tool of expression that permits individuals to create documentation of moments in their lives, yet requires relatively little technical ability. The camera has become an integral part of our lives. The photographic act itself essentially entails three main functions: observation, selection (of elements to be included within the frame of the photograph), and narrative. Photography allows a "reality" understood as an "objective reality" to be documented and frozen. Because it appears to require no special talent or artistic capability, photography is not perceived as particularly threatening. It is perceived as natural, as more accurate, and as attesting to unadulterated reality as would a mirror. Personal growth is a central component of personal development and self-observation processes - represents the nexus of three dimensions: self, other, and environment. Personal growth is an inevitable result of conflictual interactions between these three dimensions, while each individual has a developmental goal (Winnicott, 1971) of attaining synergy between them in order to grow in independent learning (Dombrowsky, 2003). This study will discuss potential contributions of using photography of "myself in the world" to facilitate observation of the three dimensions and thus advance adolescents' personal growth in terms of self-awareness and personal social welfare. Adolescence is a period of critical development in which adult personality is formed. Of the many ingredients of the complex individuation processes that enable successful construction of an adult personality, the adolescent's worldview and the feedback that he receives from the world are especially significant (Moss, 1998). This paper will pose the research question: To what extent can use of a camera for self-documentation in the context of the adolescent's social environment contribute to personal growth (in terms of self-esteem, differentiation, and self-image).