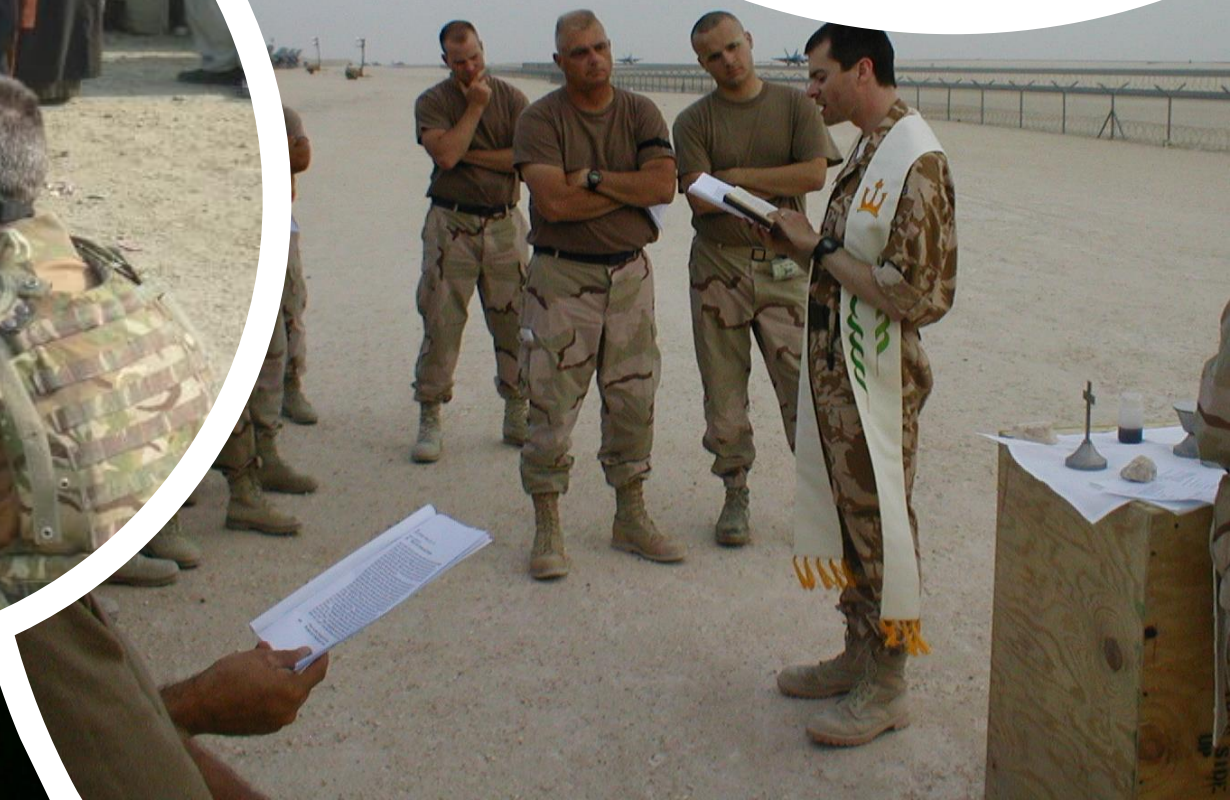
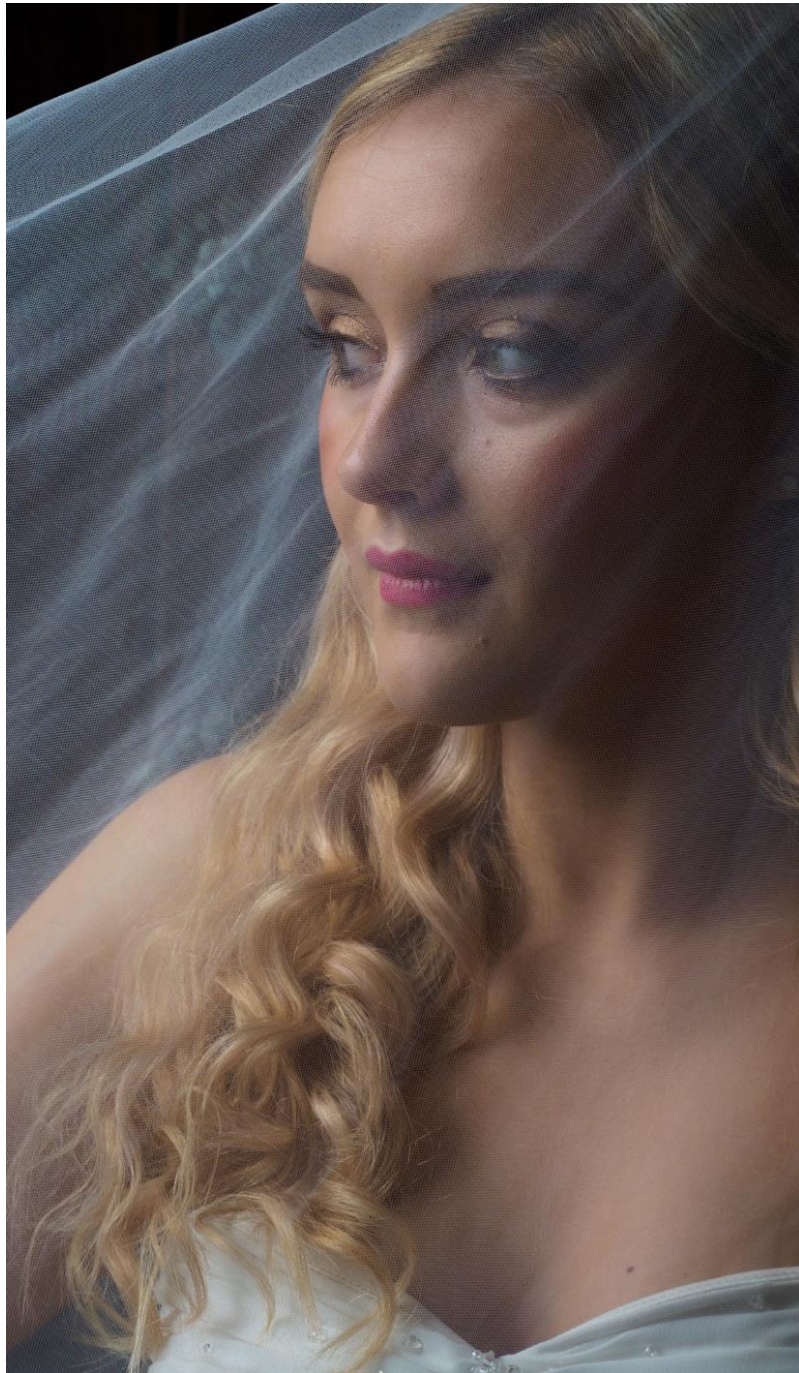




# Soulful Vision

— PAUSE | FOCUS | THRIVE —







# Post Traumatic Growth

h Asia

## Afghanistan: Suicide attack kills 13 reign personnel

October 2011



...ened near Darulaman Palace on the south-west outskirts of the capital

...icide bomber has rammed an  
...den car into a bus carrying  
...f the International Security Assistance  
...e Afghan capital, Kabul, killing 17

... initially that the Isaf personnel - eight  
...ve soldiers - were all American.

... said one of its soldiers had died,  
...e UK said two of its personnel

...s and a police officer also died

### Taliban conflict

Afghans confirm Taliban  
leader's death

What we know about  
Kunduz hospital bombing

The battle for the Taliban

Who are the Taliban?



**Finding Peace by Seeing in New Ways**



*Photographs are footprints of our minds, mirrors of our lives, reflections from our hearts, frozen memories we can hold in silent stillness in our hands - forever, if we wish.*

*They document not only where we have been but also point to where we might be going, whether we know it yet or not. We should converse with them often and listen well to the secrets their lives can tell*

**Judy Weiser**

# Outline

- Research behind PhotoTherapy (not therapeutic photography)
- Exercise: Looking and Seeing – mindfulness and grounding
- Exercise: Using any Picture as third conversation partner
- Exercise: Our own pictures as third conversation partner





# Thank You

**Steve Radley**



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