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## Creative Interventions and Activities Clearinghouse

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# Phototherapy Techniques for Teens: Mood, Body Image, and Relationships Log

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**Purpose:**

The purpose of this creative intervention is to help clients visualize and track moods, relationships, body image, and goals during the counseling process.

**Materials Needed:**

Camera and photo-processing capabilities

**Procedures:**

The client takes a picture of themselves everyday between sessions, and brings pictures to next session. These pictures can be used to discuss daily mood (client writes overall mood onto the back of each picture), facilitate discussion regarding body image issues, and review future goals by discussing present self versus ideal self. As a mood log, the client takes a picture that represents their overall mood for each day between sessions. To track relationships, the client takes pictures that represent how various relationships have been throughout the week. To better understand the client's life, the client takes a picture everyday that represents a typical week in their life. To set and track goals, the client takes pictures that represent what will be different once therapeutic goals are met.

**Process Questions and Follow-Up:**

How do these pictures represent your mood, relationships, likes/dislikes, self-esteem, true self, etc.?

What is it like for you to look at pictures of yourself?

Would anything about your pictures look different if you were not experiencing your current issues?

What do you like the most or least about these pictures?

**Practice Setting:**

Mental Health Agency/Private Practice