

Empowering photography

Sari Miettinen



What means the empowering point of view to welfare of mind?

- Welfare consists of resources and skills
It is not a permanent state of mind
- We learn these skills in an interaction with others
- Life crises have an important role in learning skills for developing welfare of mind ☐ we need life crises
- It is possible to support the welfare of mind in every situation or stage of life, no matter if you have diagnosis of mental illness or not



- Three important things:
 - Positive attitude to life
 - Every feelings have an important message for us,
every feelings have their right to existence
 - Feeling of hope

□ How do we support these three things?



Photographs as a method for empowerment

- Individual meaning (pictures about past, about present)
 - to analyze life
 - in relation to myself
 - in relation to others
 - in relation to past (re-live situations, moments, feelings)
- Communal meaning (photographing with pairs or groups)
 - The subject (protagonist) is the one who is to be taken pictures of
 - Dialog between the one who takes the pictures and the one who has been taken pictures of
- Societal meaning
 - We can show and tell something with photographs to audience
 - For example about human groups who have been invisible
 - Exhibition

Meaning of Empowering photography

- To create new understanding about our history, past, relationships, about ourselves
 - To see ourselves and the others in a new way
 - New analyzes about our lives
 - Appreciative feedback
 - To look at the other and myself in a gentle way
- ☐ Empowerment



- <https://www.youtube.com/watch?v=0JPRmrcfv74>
- **Julkaistu 7.7.2011**
- Finnish artist Miina Savolainen addresses participants of Women's Worlds 2011 at a Nordic Reception at Old City Hall (Ottawa) on 6 July where her photography exhibit, "The Loveliest Girl in the World", is displayed.
- https://www.youtube.com/watch?v=R_K607JMaNU
- Jään prinsessa: Suvi Isotalo the product, Valokuva soi - made by Susanna Haavisto

Homework

- Find two photographs,
 - One which inspires you
 - One where you are and look like just you want to be seen
- Introduce your photographs to your group (groups of four people)
- Helping questions:
 - What is in picture?
 - Where and when it has been taken and by who?
 - Tell the story of your picture?
 - Why is it meaningful to you?
- Comments: appreciative feedback

Homework concerning visiting in Hermitage

- Find a piece of art/ or pieces of art which you feel important or special for you
- Take a picture about these piece of art (or describe or draw it)
- Take it with you on Friday

- <https://www.youtube.com/watch?v=xWtFWDbuYP4>
- **Julkaistu 2.6.2017**
- Nazik Armenakyan has been working as a photojournalist since 2002. Her photojournalistic experience includes Armenpress news agency, Yerevan magazine, Forum magazine, and ArmeniaNow.com. She is a winner of several international awards and grants, such as the Grand Prix award and First place in the "People and Faces" category in the Karl Bulla International Photo Contest and fellowship from the Magnum