

EMPOWERING PHOTOGRAPHY

WINNOVA

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EMPOWERING PHOTOGRAPHY by Miina Supinen, EMPOWERING PHOTOGRAPHY by Miina Supinen and adopted by adult educator and teacher Maarit Nikmo, WinNova



About the method

- The project is based on the idea of “empowerment” and the belief that everyone has the right to feel unique and special.
- With the help of the method, photography can be used as the creator of an empowering process for an individual and for different groups, as families and work communities.
- Empowerment means the growth process of inner power, that raises from the subject himself. The vital premise is that you cannot empower another person.
- **EMPOWERING PHOTOGRAPHY** is like you are watching to a magic mirrow. An empowering phography means that everybody is a beautiful and important person.

Key points of the method

- Photographed person has the main role, and he gets the undivided attention and he makes all the decisions.
- He who is going to be in a photo is a leader of a photoprocess. He decides how he wants to be seen, on the scene, the clothes ...
- He also selects the pictures.
- The photographer offers him a gentle and approving look.
- Empowering photography limits your world in a good way.

Key points of the method

- It is not phototherapy, and thus does not require the professional skills of a therapist
- It can be used in e.g. care work as a supplement to existing professional skills.
- Read more
<http://www.voimauttavavalokuva.net/english/etusivu.htm>