

Shifting Focus Photovoice Exhibit



The Collaborating Centre for Prison Health and Education is proud to present the *Shifting Focus: Snapshots of Resilience* photography exhibit. *Shifting Focus* is the result of a photovoice project within a larger five-year study titled “Trauma at the Root: Exploring Paths to Healing with Formerly Incarcerated Men” aimed at raising trauma awareness and fostering resilience among men who have been incarcerated. We invite you to view the exhibit and a short film about the project here: www.shifting-focus.com

The project, led by Dr. Chris Richardson, is a partnership between the Collaborating Centre for Prison Health and Education and the John Howard Society of Canada. Learn more about the project here. *[insert hyperlink: [https://ccphe.ubc.ca/projects/trauma-at-the-root-exploring-paths-to-healing-with-formerly-incarcerated-men/project-resources/]]*

More information:

The photovoice project took place between February and October 2020. The photovoice project was intended as an opportunity for participants, all formerly incarcerated men, to apply the knowledge they gained in a trauma and resilience awareness workshop they previously attended as part of the larger study. Seven men agreed to participate and six completed the project.

Participants met as a group once a week for four weeks to learn how to use digital cameras (provided by the project) and photography basics. Participants took photos based on weekly prompts. Due to COVID-19, group sessions were suspended in March and the planned photo exhibit was adapted into a virtual exhibit. Participants continued their photo assignments independently and met with the project team individually to complete the project.

Content for the exhibit and short film came from participant photos and in-depth interviews conducted by filmmaker Jeff Topham and project manager Kate Roth. All photos and captions included in the exhibit were edited and approved by each participant.

Trauma at the Root: Exploring Paths to Healing with Formerly Incarcerated Men
12/07/2020

Participants contributed thoughtfully to this project to create collections that express their own resilience through trauma. By sharing their stories, they are challenging the stigma associated with incarceration and substance use. Their hard work demonstrates the importance of engaging men in strength-based activities that encourage peer connections and ultimately, foster further resilience.

The *Shifting Focus: Snapshots of Resilience* virtual exhibit and accompanying film were launched December 7, 2020.

