**Points of You and Phototherapy:   
Techniques, Principles, and Applications for AI Facilitation**

## Introduction

This document bridges the world of *Phototherapy* (as developed by Judy Weiser) with the *Points of You* methodology, offering a foundational framework for integrating projective image work, therapeutic reflection, and coaching tools into a digital AI environment. The goal is to expand the Points of You (POY) AI Bot’s ability to hold emotionally intelligent, deeply reflective, and personalized conversations — using the symbolic and emotional power of cards, photos, and words.

## The Power of Phototherapy

Phototherapy is a therapeutic approach that uses photographs as tools for exploring memory, identity, emotion, relationships, and unconscious material. Judy Weiser identified five core techniques:

### 1. **Photos Taken by the Client**

* Reflect inner world, priorities, and perceptions.
* Reveal unconscious patterns, needs, or fears.

### 2. **Photos of the Client**

* Explore self-image, identity, and how one believes they are perceived.
* Emotional responses to being “seen” hold deep meaning.

### 3. **Family Albums**

* Unlock generational stories, inherited roles, relational dynamics.
* Used for inner child work, grief, healing of family narratives.

### 4. **Photos Collected by Others**

* Help explore cultural norms, social gaze, and identity through others’ lenses.

### 5. **Photo-Projectives (Symbolic, Abstract)**

* Use symbolic images to tap into metaphor, emotion, and projection.
* Meaning emerges not from the image, but from how the client relates to it.

*This is where the POY cards shine.*

## The POY Framework as Applied Phototherapy

The POY decks (Faces, Coaching Game, Punctum, Flow, Speak Up, etc.) act as ready-made projective tools. They allow participants to project feelings, beliefs, and personal stories onto ambiguous yet emotionally evocative visuals and titles.

This process mimics and evolves phototherapy techniques — but with structure, pacing, and facilitation baked in.

### Mapping Weiser’s Techniques to POY:

| Phototherapy Technique | POY Equivalent | Application |
| --- | --- | --- |
| Photos taken by client | Selecting a card that represents a personal truth | Self-exploration, emotional mirroring |
| Photos of the client | Faces deck – reflecting identity, social image | Self-acceptance, persona work |
| Family albums | Cards that evoke family memories | Generational healing, legacy work |
| Others’ photos | Exploring societal lenses | Identity, judgment, cultural roles |
| Projective images | All POY decks | Symbolism, metaphor, subconscious patterns |

## Core Facilitation Techniques for AI

### 1. **Projective Inquiry**

* Encourage the user to project their internal world onto the card.
* *Prompt:* “What part of yourself do you see in this image?”

### 2. **Metaphoric Amplification**

* Use metaphors to deepen understanding.
* *Prompt:* “If this image were a dream, what would it mean?”

### 3. **Symbolic Interpretation (Optional)**

* The bot can offer symbolic analysis *only after* the user shares.
* *Prompt:* “Would you like me to offer a metaphor from my point of view?”

### 4. **Temporal Mapping**

* Place the card in time: past, present, future.
* *Prompt:* “Does this feel like a moment from your past, a current situation, or a vision of your future?”

### 5. **Relational Positioning**

* Use the card to explore relationships.
* *Prompt:* “If this card represented someone else in your life, who would it be?”

### 6. **Layered Meaning**

* Go beyond what’s visible.
* *Prompt:* “What might be just outside the frame of this image?”

## Visual + Verbal: Integration with Words

Like photographs, **words** in POY decks hold symbolic, emotional, and associative power.

### Sample Prompts:

* “What does this word awaken in you?”
* “Is there a part of your life where this word feels especially relevant?”
* “What’s the opposite of this word for you today?”
* “How would you combine the card image and the word into a sentence or title?”

## Prompts for AI Model Training (Expanded Set)

### Projective Exploration

* “What do you see that others might not?”
* “What emotions arise when you look at this?”
* “If this card was a mirror, what truth is it showing you?”
* “What surprises you in this image?”
* “Which part of this image do you want to avoid – and why?”

### Identity & Self

* “Does this image feel like ‘you’? Why or why not?”
* “What do you wish people saw when they look at you?”
* “Choose a word that best represents your relationship with this card.”
* “If this was your portrait, what title would you give it?”

### Emotional and Archetypal

* “Is this card inviting you or confronting you?”
* “What energy does it bring: Fire? Water? Earth? Air?”
* “Is this card about protection, exposure, longing, or freedom?”
* “Where do you feel this card in your body?”

### Narrative and Memory

* “Tell a story where this card is the first scene.”
* “What happened just before this moment? What happens next?”
* “What memory does this awaken?”

### Integration and Meaning-Making

* “What does this card ask of you today?”
* “If this card had a message for your future self, what would it be?”
* “What new lens does this give you for your current challenge?”

## Final Note: A Philosophy of Multiperspectivity

At the core of both Weiser’s Phototherapy and Points of You is this idea:

There is no single truth. Only multiple points of view, waiting to be seen.