



Capturing My Healing

Thank you so much for agreeing to participate in our photography intervention study! Please complete the following task during the next week to be discussed during your in-person interview.

The Purpose


Healing is a multidimensional process filled with high and low moments in our lives. The purpose of this activity is to understand what healing looks and feels like for you through capturing experiences that influence your healing journey.

The Task

Within the next week, observe your environment and take photographs with your personal cellphone or camera of moments that feel healing to you (for example, moments you feel connected, whole, or well), as well as darker moments that you experience (for example, moments you feel overwhelmed, ashamed, or fearful) throughout the upcoming week.

There is no right or wrong way to do this. The goal is to understand your day-to-day experience navigating recovery as a survivor of gender-based violence.

See the next page for more details and steps to upload these photographs prior to your interview.





More Details

- Please feel free to edit your photographs or add filters as you see fit. Creativity is appreciated, but not necessary.
- The goal of this project is to describe your own personal healing journey through photographs. You do not need to be a professional photographer and again there is **no right or wrong way to do this**.
- Please do not include any photographs of faces (including your own or others') to maintain privacy and confidentiality.
- Feel free to reach out to us with any questions or concerns

Next Steps

- Please select 7-10 photographs to discuss in detail.
- Upload the 7-10 photographs you choose 48 hours before your scheduled interview to the secure OneDrive folder provided to you via email.
- You will receive an email with a unique link to your personal OneDrive folder. Simply click on the link and follow the instructions to upload your photos.
- If you have any difficulties with the upload process, please contact the study staff for assistance.

Thank you so much for your time! Reach out to laura.sinko@temple.edu with any questions.

