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Photography with a Purpose

All art forms are unique and valuable; no form of art is meaningless. Helen Bamber recognized this and created the Helen Bamber Foundation in 2005 ("Helen Bamber Foundation"). The Helen Bamber Foundation is a UK-based charity that works with people who have suffered from extreme cases of trauma by offering mental health care and other services to those individuals ("Helen Bamber Foundation"). Among these services, this foundation offers creative arts programs that help people "make sense of past experience" ("Helen Bamber Foundation").

One of the creative arts programs provided by the Helen Bamber Foundation is photography. The photography program has served people who are victims of imprisonment, torture, rape, and other extreme cases of trauma (Cantizano). The situations people faced before entering the program can be crippling, but the program helps them learn how to be happy again (Cantizano). After attending the program for a year, one patient said, "I've realized it is still possible to enjoy life" (Cantizano).

The program encourages collaboration but does not force the attendants to do anything they do not want to (Cantizano). It is a self-paced program that focuses on the lives of the individuals and the process of making art, which can be just as fulfilling as the final piece (Cantizano).

The Helen Bamber Foundation not only helps people, it also highlights the strength and resilience of a person. When surrounded by those who have faced similar struggles, a person can blossom if they are willing. The people that benefit from these programs should not simply be

called "victims," but "survivors" or "warriors." The program simply helps them find themselves

again after they become lost.

Works Cited

Cantizano, Irene. "Coping with Trauma through a Camera Lens." *Positive News*, Positive News,

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"Helen Bamber Foundation." *Helen Bamber Foundation*, www.helenbamber.org/.