



Overcoming Social Phobia: A Photography Project

HayLee Jackson

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Overcoming Social Phobia; A Photography Project, it a photo album that I made with the art I created over two years time, little more, along with me discussing social phobia and treatment. Art therapy is a proven technique that helps people with anxiety, photography is an art form that has a unique quality to it which may make it one the most beneficial art therapy techniques for social phobia. If I can go from a complete shut in to someone who now goes out to eat, see nature, and make new friends, you can do it too!

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