

EDI Best Practices

GROUP DESIGN

EXPLAINING THE MYMOMENTS PROGRAM

When working with participants either individually or in groups, we suggest continually reinforcing that MyMoments is all about creating imagery to express meaningful aspects of our lives. MyMoments images should never be judged based on artistic qualities, or viewed in any context other than how they enable people to express their personal stories.

AVOIDING ARTISTIC LANGUAGE

We recommend that facilitators avoid language such as “photography,” “art,” or “picture.” Instead, words like “expression”, “imagery”, and “storytelling” should be used when talking about MyMoments programs. We also recommend that the phrase “Expressive Digital Imagery” (EDI) never be used when discussing MyMoments with participants.

SHARING SAMPLE IMAGERY

It is often helpful to begin MyMoments programs by sharing sample imagery with participants. Showing sample images (often from previous groups) that are relevant to the theme of the group can generate excitement and curiosity, and especially helps inspire participants who are new to MyMoments.

SELECTING THEMES

We suggest using themes for workshops that provide a foundation for the imagery that is created and shared. It can be helpful to think about the age and specific population when choosing a theme. Some examples of themes include “resilience”, “coping strategies”, “hope”, and “How I’m feeling today.”

DEMONSTRATING THE APP

We often provide a quick demonstration of the main features of the MyMoments app. Choosing an image that is relevant to the theme can help with establishing context.

EDI Best Practices

IMAGE CREATION

PROVIDING OPTIONS FOR SOURCE IMAGES

We like to emphasize that the best images do not start with a pretty picture, but reflect a person's inner feelings and thoughts. It is helpful to provide options for image sources – participants can start with images embedded in the MyMoments Library (part of the app), images resident on participants' own devices, or images taken in the moment.

PUTTING PARTICIPANTS AT EASE

We suggest continually reinforcing that there is no such thing as a bad image. Comments on individual images should focus on participants' depth of thought, level of effort, and openness, but not artistic quality or creativity. And we suggest never trying to analyze or interpret images on behalf of a participant.

SUGGESTING A WORKFLOW

When we demonstrate the MyMoments app, we suggest a sequential workflow of Compose, Tune, Style, and Finish. We recommend that participants begin by following these steps in order, but also emphasize that this is not required.

ENCOURAGING CAPTIONS

We encourage participants to create captions for their images, as it provides context and adds meaning to an image.

EDI Best Practices

IMAGE SHARING

CONCLUDING A GROUP

We find that after participants in a group have all created and submitted their images, it is very effective to display all the images using a slideshow with music. Participants are often excited to see what their peers have created, and this offers an opportunity for sharing and deeper expression.

ALLOWING INDIVIDUAL SHARING

After sharing a slideshow once from start to finish, we suggest displaying each image individually and giving each participant an opportunity to share. If the person does not want to share, we simply thank them for their efforts and move on.

ASKING QUESTIONS

If a participant is open to sharing, asking questions can help facilitate meaningful discussion. Here are some sample questions to consider asking each participant:

- How did you come up with this idea?
- How does this image make you feel?
- How is this image helpful to you?
- What would you like the other people in the group to know about this image?
- Did you know what you wanted to create from the start or did the idea emerge as you were working?
- Was there anything challenging to you about creating this image?
- How do you plan to use this image in the future?
- For any striking features, ask what the meaning or intent was.

Here are some sample questions to extend to the whole group:

- What are your reactions to this image?
- Does anyone have similar feelings to what was expressed in this image?
- Does anybody else notice something about this image that they would like to share?
- Does this image bring up anything challenging for anyone?
- Does anyone have any questions that they'd like to ask the person that created this image?