

Jessica Paris

Founder of Narrative PhotoTherapy™ • Award Winning
Photographer • Speaker • Healing Practitioner • 2025 Dallas
Business Journal 40 Under 40 Honoree • Great Women of Texas
Woman of Influence Honoree • Recipient of the 2025 Texas
Professional Photographers Association Best First Time Entry
Award





Meet Jessica Paris

Jessica Paris is the founder of Narrative PhotoTherapy™, a healing-centered approach that blends portraiture, psychology, and storytelling to transform how people see themselves. As a bridge between art and emotional wellness, she creates spaces where vulnerability becomes visible and healing takes tangible form.

She is the creator of the **100 Faces of Healing** initiative, an award-winning photographer, and a facilitator of image-based emotional healing within grief groups and community spaces. Her work reaches across cultural boundaries, honoring the diverse ways people experience loss, identity shifts, and personal transformation.

Through her lens and therapeutic framework, Jessica helps individuals confront and rewrite the internal images that shape their confidence, grief responses, and sense of self-worth.

What I Bring to the Media World



Narrative PhotoTherapy™

Founder of a revolutionary healing method that transforms self-image through guided photography and storytelling



100 Faces of Healing

Creator of a global portrait movement documenting resilience, restoration, and identity reclamation after trauma



Sensory-Friendly Photography

Partner with House of Hope for Autism, creating inclusive portrait experiences for neurodiverse families



Grief Group Facilitation

Therapeutic guide using imagery and narrative to support those navigating loss and identity transformation



Keynote Speaker

Expert voice on self-image, emotional visibility, leadership of self, and the psychology of personal narratives



Workshop Leader

Facilitator for mental health organizations, leadership groups, and communities seeking transformational growth

What Is Narrative PhotoTherapy™?

Narrative PhotoTherapy™ is a transformational method that helps people confront and rewrite the internal images shaping their identity, grief, confidence, and emotional wellbeing.

Through guided reflection, storytelling, and portrait sessions, clients uncover *how they see themselves* and reshape that image from the inside out. This therapeutic approach addresses the gap between how we present ourselves and how we truly feel seen.

The method combines psychological principles with artistic practice, creating a safe container for emotional exploration and visible transformation.



The 100 Faces of Healing Project

100 Faces of Healing is a global portrait movement designed to help people reclaim their identity after loss, trauma, or life transitions. Each participant shares a visual story of resilience and restoration, creating a living archive of healing images for communities, families, and future generations.

This initiative documents the profound journey from fragmentation to wholeness, capturing the moment when individuals recognize themselves again after periods of disconnection or grief.

The portraits serve multiple purposes: they validate the healing journey, create visual evidence of transformation, and offer hope to others navigating similar experiences. Each image becomes a testament to human resilience and the power of being truly seen.

The project celebrates cultural diversity, honoring the unique ways different communities process grief, loss, and identity reconstruction.

Sensory-Friendly Portraits for Autism Families

Partnership with Purpose

Jessica partners with **House of Hope for Autism** to create inclusive, sensory-safe portrait sessions for neurodiverse children and families. This collaboration ensures that every family, regardless of sensory needs, can experience the joy and dignity of professional photography.

Adaptive Approach

With flexible lighting, movement-friendly setups, noise-aware environments, and deep emotional attunement, these sessions remove traditional photography barriers. The space adapts to the child, not the other way around.

Celebrated & Supported

These sessions help families feel seen, supported, and celebrated exactly as they are. The resulting portraits capture authentic moments of connection, joy, and family love without forcing conformity or causing distress.

April 26, 2024 ·  I can't help but have all the feels and happy tears! Jessica with [Saga Media Photography](#) volunteered her time last Saturday, to give back priceless moments, to families navigating autism. Go like and follow her page and promote the huge heart she has to giving back. These are just some of the moments in life...captured through the lens!  



   Diane Bobb Doran and 54 others 15 comments

 Like  Comment  Share

Most relevant ▾

- 

Susan Billingsley
These are precious, what a gift.

1y Like Reply 
- 

Mandy Jividen Skaggs replied · 1 Reply
- 

Chrystal Conner
This was a true blessing 

1y Like Reply 
- 

Mandy Jividen Skaggs replied · 1 Reply

Narrative PhotoTherapy™ in Grief Groups

Through guided imagery, reflective storytelling, and safe portrait experiences, Jessica supports grief groups as they navigate identity shifts after loss. Her approach recognizes that grief fundamentally changes how we see ourselves and that healing requires reimagining that internal image.



Guided Imagery Sessions

Participants explore the images they hold of themselves before and after loss, creating awareness of identity shifts



Reflective Storytelling

Safe spaces for sharing personal narratives, honoring the complexity of grief without rushing toward resolution



Therapeutic Portraits

Optional portrait sessions that help individuals reconnect with themselves and find meaning during transition

This work helps people honor their stories, acknowledge their transformation, and gradually recognize themselves again in ways that feel authentic and whole.



Awards & Recognition



Dallas 40 Under 40

Honoree for leadership and community impact



2025 Great Women of Texas

Woman of Influence recognition



Portrait Artist

Multi-award-winning photographer



Community Leadership

Service recognitions across Texas

Jessica's work has been featured by organizations and media platforms throughout Texas, highlighting her unique intersection of artistic excellence, therapeutic innovation, and community service. Her recognitions span both the creative and healing professions, reflecting the integrated nature of her practice.



Educational Foundation: A Multidisciplinary Approach

Jessica's unique interdisciplinary background forms the robust foundation of Narrative PhotoTherapy™, blending business strategy, cultural insights, clinical psychology, and artistic mastery into a powerful healing modality.



MA: Clinical and Mental Health Counseling

Graduate training in mental health, trauma-informed care, and clinical interventions that strengthens the therapeutic framework behind Narrative PhotoTherapy™.



MA: Multicultural Women & Gender Studies

Advanced study of identity, cultural narratives, intersectionality, and social advocacy, providing the foundation for understanding the diverse stories clients bring to the healing process.



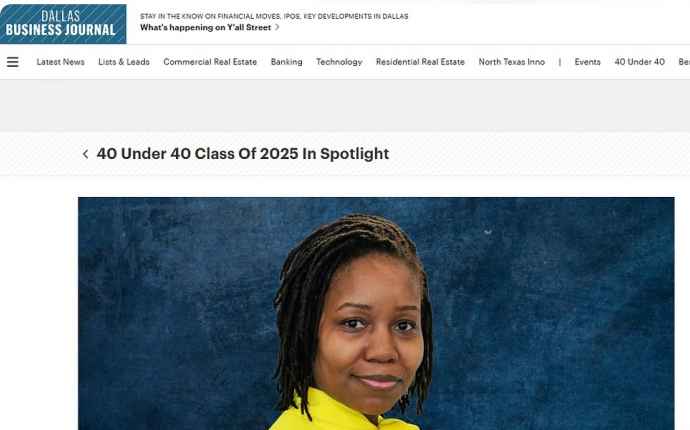
MBA

Training in strategic planning, organizational leadership, and business development that supports the expansion of a therapeutic practice, media presence, and community-centered initiatives.

Jessica is currently pursuing a Doctorate in Education, advancing her mission to train and certify photographers, therapists, and wellness practitioners in Narrative PhotoTherapy™. Through research, curriculum development, and leadership in transformative learning, she is preparing the next generation of practitioners to use visual narrative as a tool for healing, emotional visibility, and community impact.

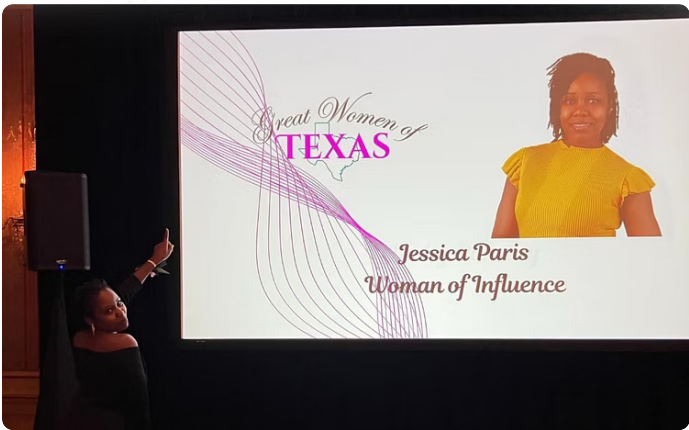
In the Media

Jessica's work has captured attention across television, podcasts, and print media. Her insights on healing, identity, and the transformative power of photography resonate with audiences seeking depth and authenticity.



Top Leaders in Dallas 40 Under 40

Celebrating Jessica as one of Dallas’s most dynamic young leaders for her innovative work blending photography, healing, and transformative leadership.



Community Spotlight - Woman of Influence

Recognition honoring Jessica’s leadership, community advocacy, and her contributions to grief support and autism-friendly photography.



Podcast interview

A featured interview where Jessica shares the impact of healing-centered photography and community empowerment through visual storytelling.



Mayor’s Office Community Award

A mayoral commendation recognizing Jessica’s dedication to inclusive portrait experiences, community wellness partnerships, and healing-centered initiatives.



Feature Article

A published feature diving into Jessica’s philosophy of emotional visibility and how portraiture reshapes personal narratives.

Media coverage spans topics from mental health innovation to cultural representation, women's leadership to grief recovery practices.

Topics I Speak On



The Psychology of Self-Image

Why most people struggle to see themselves clearly and the internal images that distort identity



Emotional Visibility

How being truly seen impacts confidence, relationships, and mental health



Healing Grief Through Imagery

Why identity shifts after loss and how visual narratives support emotional recovery



Photography as Mental Health Support

The therapeutic potential of portrait work and image-based healing practices



Inclusive Photography

Sensory-friendly approaches and creating accessible portrait experiences for all



Leadership of the Self

Transforming personal narratives and leading from authentic identity



Healing-Centered Initiatives

The rise of portrait movements focused on restoration and community wellness

Sample Media Questions

Origin Story

What inspired you to create Narrative PhotoTherapy™?

How did you discover the connection between imagery and emotional healing?

Psychology & Identity

How does imagery influence our identity and confidence?

Why do people feel uncomfortable seeing themselves in photos?

Healing Impact

What is the emotional impact of the 100 Faces of Healing?

What shifts have you witnessed through this work?

Specialized Work

How do sensory-friendly sessions support neurodiverse families?

What happens during a Narrative PhotoTherapy™ grief session?

These questions open conversations about the intersection of art, psychology, and healing which are topics that resonate across multiple audience demographics and media formats.

Speaking + Workshops

Narrative PhotoTherapy™: Rewriting the Images That Shape Us

An immersive exploration of how internal imagery influences identity, confidence, and emotional wellbeing

The Leadership of Self

Identity, visibility, and impact by leading from authentic self-knowledge rather than external validation

The Psychology of Speaking

Rewriting the inner images that create fear, helping speakers transform their relationship with visibility

Corporate Wellness

Storytelling, emotional visibility training, and narrative transformation for organizational culture

Healing-Centered Workshops

For grief, burnout, and identity transformation in community and clinical settings



Why Connect Jessica

Jessica brings a rare blend of **artistic excellence**, **therapeutic insight**, and **community leadership** to every conversation. Her work exists at the intersection of multiple urgent cultural conversations:

- Grief recovery and emotional wellness
- Women's empowerment and authentic visibility
- Mental health innovation and therapeutic approaches
- Cultural representation and inclusive practices
- Narrative healing and identity transformation

"Jessica's work reaches hearts and transforms perspectives. She helps people see themselves and truly see themselves... perhaps for the first time."

She speaks with both professional authority and profound compassion, drawing from years of direct work with individuals and communities navigating loss, identity shifts, and healing journeys.

Her insights are grounded in real experiences not abstract theory, making her a powerful voice for stories that matter. Whether discussing the psychology of self-image or the practical realities of grief group facilitation, Jessica offers depth, nuance, and actionable wisdom.

Connect with Jessica Paris



Ready to feature healing-centered storytelling?

Jessica is available for television interviews, podcast conversations, articles, expert commentary, and speaking engagements.

Website

www.iamjessicaparis.com

Email

jessica@soluratherapy.com

Instagram

[@iamjessicaparis](https://www.instagram.com/iamjessicaparis)

LinkedIn

www.linkedin.com/in/jessicaparis/

Booking inquiries welcome

Let's create meaningful conversations about healing, identity, and transformation.

Let's Tell Stories That Matter

Thank you for considering Jessica Paris for your media platform. Her unique perspective on healing, identity, and the transformative power of being truly seen brings depth and authenticity to every conversation.

📄 **Media Kit Contact:** For high-resolution images, press releases, or additional information, please reach out directly. Quick turnaround available for time-sensitive features.

