

# Conceptual Gap Between Existing Approaches and Narrative PhotoTherapy

Area of Scholarship	Existing Focus in Literature	Limitations in Current Research	Contribution of Narrative PhotoTherapy
<b>Narrative Identity Research</b>	Emphasizes storytelling, memory interpretation, and meaning making through narrative reflection.	Primarily relies on verbal or written reflection such as interviews, journaling, or dialogue. Visual forms of identity exploration are rarely integrated into the reflective process.	Integrates narrative reflection with visual representation, allowing individuals to explore identity through both storytelling and portrait imagery.
<b>Visual Representation Studies</b>	Examines how photographs shape perception, memory, and identity within visual culture.	Focuses largely on analysis of images rather than the use of photography as a structured reflective practice for identity exploration.	Positions portrait photography as a reflective medium through which individuals actively examine and reinterpret personal identity.
<b>Expressive and Arts-Based Therapies</b>	Uses creative practices such as art, music, drama, or photography to facilitate emotional expression and reflection.	Photography approaches often involve client-generated images, symbolic artwork, or interpretation of existing photographs rather than intentional portrait creation guided by reflection.	Introduces intentional portrait photography as a structured reflective process that connects narrative exploration with visual self-representation.
<b>Photography-Based Interventions</b>	Methods such as photovoice and photo-elicitation use images to stimulate dialogue and reflection.	Images are typically participant-generated documentation of experiences rather than portraits designed to represent identity narratives.	Uses portrait photography intentionally to externalize identity narratives and create a visual mirror for self-reflection.