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PHOTOGRAPHY THERAPY, AN ALTERNATIVE THERAPY TO TREAT VETERANS WITH MENTAL ILLNESS, IS EXPLORED IN "VISIONS OF WARRIORS" DOCUMENTARY

Los Angeles, July 31, 2018—As war and conflicts continue, many veterans are coming back and suffering from mental illness. Shockingly, 22 veterans commit suicide every day. Traditional therapies, like individual counseling, group therapy, and medication, usually work only half of the time. Alternative therapies, like art therapy, may help to supplement traditional therapies.

"Visions of Warriors" is a feature documentary about four veterans from the Vietnam War era to the Iraq War who participate in the groundbreaking Veteran Photo Recovery Project at the VA Menlo Park, CA and use innovative photography therapy, a type of art therapy, to treat their mental illness.

The film follows Mark Pinto, Priscilla Bethel, Ari Sonnenberg, and Homerina Bond as they find treatment for their mental illness, including moral injury, post-traumatic stress disorder, and military sexual trauma.

The film received a generous grant from Stanford Medicine & the Muse Program, premiered at the prestigious Vail Film Festival, and was selected for an honorable mention at the SAMHSA 2017 Voice Awards.

The film was covered in the USA Today Special Edition Veteran Affairs 2017:
<http://www.visionsofwarriors.com/newsarchive/2017/11/8/visions-of-warriors-is-covered-in-the-usa-today-special-edition-veterans-affairs-2017>

The film was recently released on Amazon Video Direct, Apple iTunes, Google Play, and Vimeo on Demand and has been screening at universities, conferences, film festivals, and special events across the country, honoring and offering hope to veterans.

The San Diego Public Library / Veterans Resource Center, funded by the California State Library's Veterans Connect @ the Library program, and Humanist Films will be presenting a screening of "Visions of Warriors."

This Veterans Resource Center was recognized by the California State Library as one of the most used in the entire state. Veterans Benefits Coaches at the center help veterans to access federal and state benefits as well as connect homeless veterans with local community resources.

Screening and Q&A with Ming Lai, Filmmaker:

Tuesday, 10/9/18, 7:00 p.m. - 9:00 p.m.

San Diego Public Library / Central Library

Neil Morgan Auditorium

330 Park Blvd.

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*The screening is open to the public and free of charge.

To learn more about the screening:

<http://www.visionsofwarriors.com/newsarchive/2018/7/27/visions-of-warriors-to-screen-at-the-san-diego-public-library-central-library>

To watch the trailer and learn more about the film:

<http://www.visionsofwarriors.com>

About Humanist Films

Humanist Films, LLC is a film and photography production company, based in Los Angeles. Founded by filmmaker and photographer Ming Lai, Humanist Films is less of a traditional production company than an innovative think tank, gathering the brightest minds to research, plan, create, and change. Our interdisciplinary work ranges from narrative and documentary films to commercials and corporate videos to fine art and documentary photography projects. The name of our company honors legendary director, Akira Kurosawa, who was praised for his humanist compassion and inspired us to become filmmakers. To learn more: humanistfilms.com

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