
Het maken van een psycho-educatie boek met plaatjes

Je start in ChatGPT.

Prompt:

Maak een verhaal van 10 pagina's voor een Nederlands jongetje van 4 jaar die zijn oma heeft verloren aan kanker. Door dit verhaal krijgt hij uitleg over de behandeling bij een psycholoog.

Ik kreeg meteen een goede verhaallijn. Ben je niet tevreden met wat je krijgt kun je dit aanpassen. Wil je meer uitleggen over de technieken die jij gebruikt? Ook dat kun je aanpassen. Soms maakt hij er een fantasieverhaal van. Je geeft dan de opdracht:

Je maakt vervolgens een GPT in Dall-E.

Dit heb ik gedaan aan de hand van de tutorial van Roy van der Groef, hij legt stap voor stap uit hoe dit te doen.

<https://www.youtube.com/watch?v=YIb70AUUzks>

In Dall-E gebruik ik Engels omdat dan de output beter is:

Create a 3D Pixar-style animation of a 4-year-old Dutch boy named Sam. He has brown hair styled in a neat, slightly wavy manner, fair skin, and expressive brown eyes. Sam is wearing a bright yellow shirt with a playful car design on the front, paired with blue jeans and colorful sneakers. He stands in a casual pose, smiling warmly, with a joyful and curious expression typical of a young child. The ratio should be 1:1.

Volgens de instructies van de tutorial heb ik een paar nieuwe afbeeldingen gemaakt zodat de GPT kan leren hoe Sam er uit ziet. Steeds voeg je de afbeeldingen toe aan de GPT voor je een nieuwe afbeelding maakt. Ik voeg de tekst toe 'with his body in proportion' omdat ik een heel groot hoofd kreeg met een kleiner lijf en ik dit niet mooi vond.

Soms vraagt Dall-E of hij door moet gaan en dan geef je dat aan als de opdracht die Dall-E gaat uitvoeren past bij wat je wilt.

Let's create a new image of Sam.

He is playing in the park.

Before you create this image, first describe the creation process of this image as indicated in the 5 steps.

Let's create a new image of Sam with his body in proportion. Sam is riding a bike in the park. It's a hot summerday. Sam is smiling. Before you create this image, first describe the creation process of this image as indicated in the 5 steps.

Let's create a new image of Sam with his body in proportion. Sam is reading a comic book in his room. Before you create this image, first describe the creation process of this image as indicated in the 5 steps.

Registraties:

Klinisch psycholoog, BIG-nr. 19063642525, Psychotherapeut, BIG-nr. 19063642516
Senior schematherapeut en supervisor VSt, Cognitief Gedragstherapeut en supervisor VGCI®
EMDR Europe Practitioner en supervisor VEN, PPBB is geregistreerd als CRKBO docent.
AGB persoonlijk 94005090, AGB praktijk 94055244, KVK 17256934
Kwaliteitsstatuut aanwezig en geregistreerd bij www.ggzkwaliteitsstatuut.nl

Let's create a new image of Sam with his body in proportion. Sam is playing with his cars on the ground in his bedroom. Before you create this image, first describe the creation process of this image as indicated in the 5 steps.

The plaatjes voor het verhaal:

Soms vroeg ik door omdat ik niet helemaal kreeg wat ik wilde. Sam die vrolijk kijkt in plaats van bedroefd. Dan vraag ik: Can you make Sam look sad? Zo kun je steeds de afbeelding fine tunen totdat je tevreden bent.

Let's create a new image of Sam with his body in proportion. Create a warm scene where Sam is sitting quietly on his bed, holding a stuffed animal. His parents, are standing nearby. The mother has long blond hair and green eyes, wearing a dress. The mother has a concerned expression and gently places a hand on Sam's shoulder, while the father stands next to her, looking supportive. The father had brown hair and brown eyes with green glasses. He is wearing blue jeans and a green shirt. The bedroom is softly lit, with simple and comforting decor. Before you create this image, first describe the creation process of this image as indicated in the 5 steps.

Let's create a new image of Sam with his body in proportion. Create a realistic and warm scene where Sam, wearing his yellow shirt with the car on it, is in the therapist's office for the first time. The therapist, Lisa, is sitting in a chair across from Sam, smiling warmly. Lisa is a 50 year old woman with a bit gray hair in her brown short hair and with blue glasses. She is wearing blue jeans and a red blouse. The room is inviting, with colorful toys and drawings on the walls. Sam looks a bit shy but curious, as he sits across from Lisa, who is gently introducing herself. Before you create this image, first describe the creation process of this image as indicated in the 5 steps.

Om ook Lisa hetzelfde er uit te laten zien is een uitdaging. Mogelijk kan je twee aparte GPT's maken en deze integreren. Voor nu heb ik gekozen om een paar afbeeldingen van Lisa te maken in de GPT van Sam. Ik geef de afbeelding die ik ook geüpload heb in de GPT nu als bijlage in de chat van Dall-E.

Let's create a new image of Lisa. Lisa, is a 50-year-old woman with short brown hair that has a bit of gray in it, and she wears blue glasses. She is dressed in blue jeans and a red blouse with yellow sleeves. Lisa is sitting alone in her office. The look of Lisa and her room is consistent with the image I give you. So the room has light brown walls with some pictures on it. Please give Lisa the same hairstyle as in the picture wearing the same outfit and the same glasses.

Let's create a new image of Sam with his body in proportion. Create a realistic and warm scene where Sam, is sitting with therapist Lisa in her office. Sam has brown hair styled in a neat, slightly wavy manner, fair skin, and expressive brown eyes. He is wearing a bright yellow shirt with a playful car design on the front, paired with blue jeans and colorful sneakers. The therapist, Lisa, is a 50-year-old woman with short brown hair that has a bit of gray in it, and she wears blue glasses. She is dressed in blue jeans and a red blouse with yellow sleeves, and she is smiling warmly at Sam. Both Lisa and Sam are seated in chairs that are turned to face each other in the cozy and inviting therapist's office. The room features colorful toys scattered around, drawings on the walls, and comfortable furniture. The lighting is soft and warm, creating a comfortable and welcoming atmosphere. The camera angle is at eye level with Sam, focusing on the interaction between Sam and Lisa, with the room details visible in the background. The style should be exactly like the earlier image for consistency, ensuring realistic proportions and a warm, inviting atmosphere. The chairs are turned to face each other so that Sam and Lisa are looking directly at each other. Lisa is handing Sam a small, smooth Wishing Stone. Sam is looking at the stone with curiosity, holding it in his hand. Before you create this image, first describe the creation process of

this image as indicated in the 5 steps.

Let's create a new image of Sam with his body in proportion. Create a realistic and warm scene where Sam, is sitting with therapist Lisa in her office. Sam has brown hair styled in a neat, slightly wavy manner, fair skin, and expressive brown eyes. He is wearing a bright yellow shirt with a playful car design on the front, paired with blue jeans and colorful sneakers. The therapist, Lisa, is a 50-year-old woman with short brown hair that has a bit of gray in it, and she wears blue glasses. She is dressed in blue jeans and a red blouse with yellow sleeves, and she is smiling warmly at Sam. Both Lisa and Sam are seated in chairs that are turned to face each other in the cozy and inviting therapist's office. The room features colorful toys scattered around, drawings on the walls, and comfortable furniture. The lighting is soft and warm, creating a comfortable and welcoming atmosphere. The camera angle is at eye level with Sam, focusing on the interaction between Sam and Lisa, with the room details visible in the background. The style should be exactly like the earlier image for consistency, ensuring realistic proportions and a warm, inviting atmosphere. The chairs are turned to face each other so that Sam and Lisa are looking directly at each other. Sam is holding the Wishing Stone in his hand, and Lisa is guiding him to close his eyes and think of a happy memory with his grandmother. Sam is smiling softly as he thinks of this memory. Before you create this image, first describe the creation process of this image as indicated in the 5 steps.

Vervolgvrage:

Can you create this image again with Sam thinking about his grandmother with the viewer seeing what Sam is seeing, like a cloud in the picture with the image of his grandmother in it baking cookies? And make Lisa the same as in the image I gave you, with the same hairstyle and glasses.

De afbeelding die ik kreeg was niet met de grootmoeder van het eerdere plaatje. Om heel veel werk te besparen heb ik in paint het wolkje bewerkt door de afbeelding die ik eerder gemaakt heb een deel ervan te kopiëren en plakken en met de olieverfkwast het wolkje bewerkt.

Bij de vervolgplaatjes met de therapeut heb ik steeds het eerste plaatje als referentie afbeelding toegevoegd.

Let's create a new image of Sam with his body in proportion. Create a realistic and warm scene where Sam, is sitting with therapist Lisa in her office. Sam has brown hair styled in a neat, slightly wavy manner, fair skin, and expressive brown eyes. He is wearing a bright shirt with a playful design on the front, paired with blue jeans and colorful sneakers. The therapist, Lisa, is a 50-year-old woman with short brown hair that has a bit of gray in it, and she wears blue glasses. She is dressed in blue jeans and a green shirt, and she is smiling warmly at Sam. Both Lisa and Sam are seated in chairs that are turned to face each other in the cozy and inviting therapist's office. The room features colorful toys scattered around, drawings on the walls, and comfortable furniture. The lighting is soft and warm, creating a comfortable and welcoming atmosphere. The camera angle is at eye level with Sam, focusing on the interaction between Sam and Lisa, with the room details visible in the background. The style should be exactly like the earlier image for consistency, ensuring realistic proportions and a warm, inviting atmosphere. Sam is sitting on the floor with therapist Lisa, drawing on a piece of paper. Sam is drawing a large gray cloud to represent his sadness, while Lisa sits next to him on the floor, gently encouraging him. The room is cozy and child-friendly, with bright colors and warm lighting. The style should be realistic, consistent with the reference image. Make Lisa exactly the same as in the images I give you, Lisa with the same hairstyle and blue glasses.

Let's create a new image of Sam with his body in proportion. Create a realistic and warm scene where Sam, is sitting with therapist Lisa in her office. Sam has brown hair styled in a neat, slightly wavy manner, fair skin, and expressive brown eyes. He is wearing a bright shirt with a playful design on the front, paired with blue jeans and colorful sneakers. The therapist, Lisa, is a 50-year-old woman with short brown hair that has a bit of gray in it, and she wears blue glasses. She is dressed in blue jeans and a green shirt, and she is smiling warmly at Sam. Both Lisa and Sam are seated in chairs that are turned to face each other in the cozy and inviting therapist's office. The room features colorful toys scattered around, drawings on the walls, and comfortable furniture. The lighting is soft and warm, creating a comfortable and welcoming atmosphere. The camera angle is at eye level with Sam, focusing on the interaction between Sam and Lisa, with the room details visible in the background. The style should be exactly like the earlier image for consistency, ensuring realistic proportions and a warm, inviting atmosphere. Create a realistic and warm scene where Sam is talking with therapist Lisa. Lisa is explaining to Sam that it's okay to talk to his parents when he feels sad. Sam is looking thoughtful, holding the Wishing Stone in his hand. The room is cozy and child-friendly, with bright colors and warm lighting. The style should be realistic, consistent with the reference image. The viewer can see in a talking cloud that Lisa is talking about his parents. Make Lisa exactly the same as in the images I give you, Lisa with the same hairstyle and blue glasses. Make the parents look exactly as in the image I give you. His mother, who has long blonde hair and green eyes. The father has brown hair, brown eyes, and green glasses, wearing blue jeans and a green shirt.

Let's create a new image of Sam with his body in proportion. Create a realistic and warm scene where Sam, is sitting with therapist Lisa in her office. Sam has brown hair styled in a neat, slightly wavy manner, fair skin, and expressive brown eyes. He is wearing a bright shirt with a playful design on the front, paired with blue jeans and colorful sneakers. The therapist, Lisa, is a 50-year-old woman with short brown hair that has a bit of gray in it, and she wears blue glasses. She is dressed in blue jeans and a green shirt, and she is smiling warmly at Sam. Both Lisa and Sam are seated in chairs that are turned to face each other in the cozy and inviting therapist's office. The room features colorful toys scattered around, drawings on the walls, and comfortable furniture. The lighting is soft and warm, creating a comfortable and welcoming atmosphere. The camera angle is at eye level with Sam, focusing on the interaction between Sam and Lisa, with the room details visible in the background. The style should be exactly like the earlier image for consistency, ensuring realistic proportions and a warm, inviting atmosphere. Create a realistic and warm scene where Sam is talking with therapist Lisa. Lisa is explaining to Sam that it's okay to talk to his parents when he feels sad. Sam is looking thoughtful, holding the Wishing Stone in his hand. The room is cozy and child-friendly, with bright colors and warm lighting. The style should be realistic, consistent with the reference image. Make Lisa exactly the same as in the images I give you, Lisa with the same hairstyle and blue glasses.

Create a new image of Sam sitting on the ground with his wishing stone in his hands and looking smiling at the stone

Bij het volgende plaatje komt moeder weer in beeld. Ik geef nu de afbeelding van moeder als referentie als bijlage.

Let's create a new image of Sam with his body in proportion. Create a realistic and warm scene where Sam, the four-year-old boy from the reference image, is walking with his mother in the park. Sam stops for a moment, takes out the Wishing Stone from his pocket, and quietly says that he misses his grandmother but knows she is always with him. The mother, who resembles the woman in the reference image, is smiling gently at Sam. His mother, who has long blonde hair and

green eyes. The park is peaceful, with green trees and a sunny atmosphere. Sam has brown hair styled in a neat, slightly wavy manner, fair skin, and expressive brown eyes. He is wearing a bright shirt with a playful design on the front, paired with blue jeans and colorful sneakers. The camera angle is at eye level with Sam, focusing on the interaction between Sam and Lisa, with the room details visible in the background. The style should be exactly like the earlier image for consistency, ensuring realistic proportions and a warm, inviting atmosphere.

Vervolgens heb ik in Powerpoint de afbeeldingen geplakt en de tekst toegevoegd. Je kunt er een diavoorstelling van maken en als je een boekvorm wilt dan sla je de powerpoint presentatie op als een PDF.