



February 2022 Featured Project

Helping women heal from the trauma of gender-based violence



TOGETHER WOMEN RISE

Important note

Over the next two months, our Featured Projects will focus on the mental health needs of survivors of gender-based violence, each using a different approach to treatment and recovery. Gender-based violence is one of the most prevalent issues faced by women and girls around the world, and it can have lifelong repercussions for survivors.

The topics raised by these projects may be difficult for some Together Women Rise members to discuss. Please consider your own well-being before engaging in this content.

Introducing Common Threads Project

Kathmandu Valley, Nepal

Provides deep, transformative trauma treatment to survivors of sexual and gender-based violence (SGBV)

- Uses group therapy
- Teaches creation of story cloths to depict and process unspeakable experiences
- Builds cohort of local therapists



About Nepal

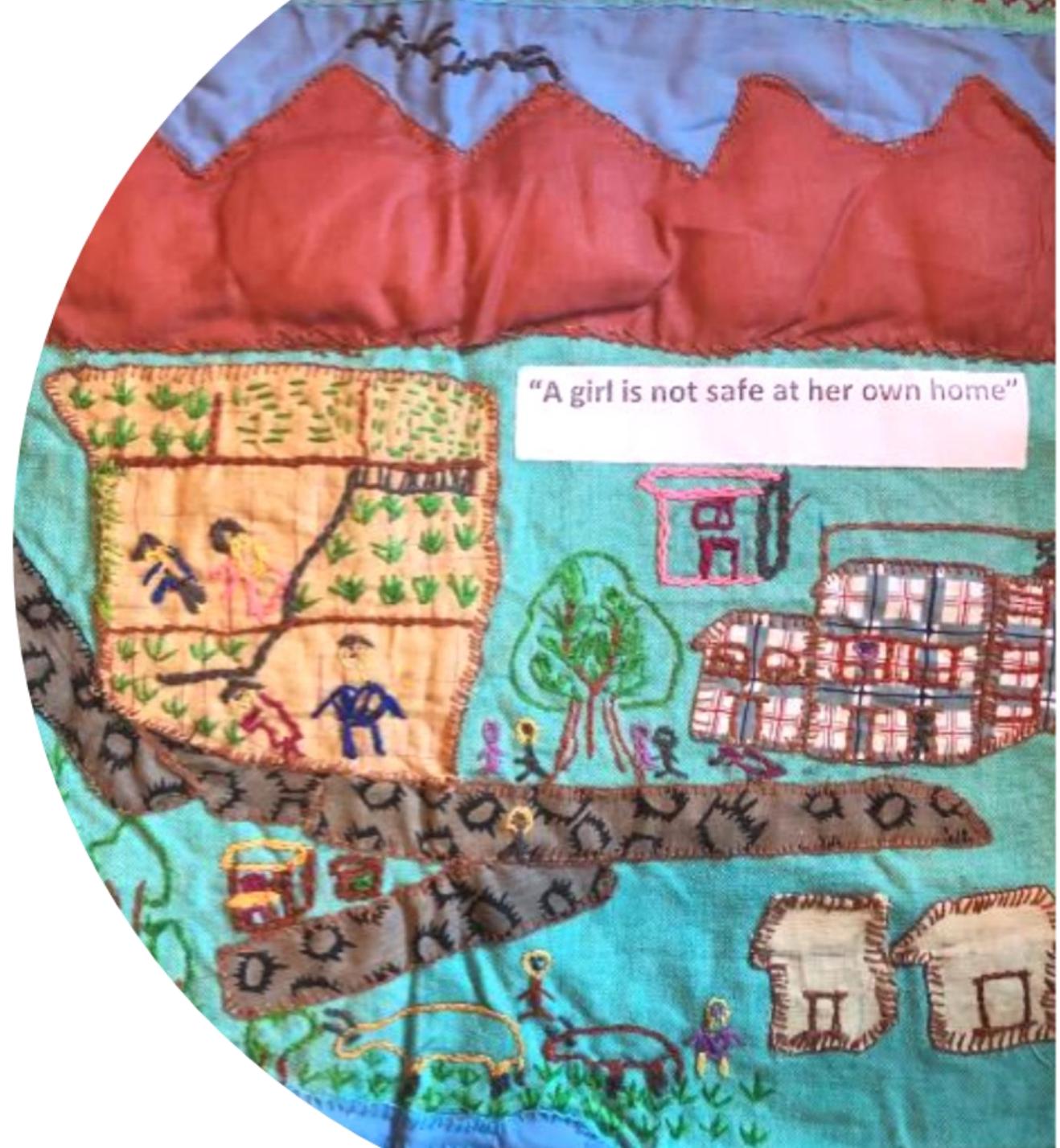
- Population 30 million
- Landlocked, mountainous country between China and India
- One of the world's least developed and poorest countries
- Economy worsened by pandemic and 2015 earthquake



Life Challenges

For women in Nepal

- Estimated 48% of women experience SGBV
- Can suffer social isolation, shame, loss of education and income, sexual and reproductive health problems, unwanted pregnancy, enduring mental health effects and more



The Project

- Benefits women and girls ages 12 - 75 who have suffered SGBV, war, and displacement
- Traumas include sex trafficking, rape, slavery, incest, neglect, and child marriage
- Employs a nonverbal channel (story cloths) when accessing and healing traumatic experiences
- Enlists healing power of the group, engages creativity and strengths, uses nonverbal and verbal channels for expression, and restores the body's system of equilibrium

94 DIRECT BENEFICIARIES AND 250 INDIRECT BENEFICIARIES



The Project

- Phase 1: intensive program that integrates several therapeutic modalities; women make individual story cloths
- Phase 2: circle works to process trauma in a new way without activating the threat response, and without stigma, shame, self-blame, or guilt; participants create collective story cloths
- Phase 3: Participants take on leadership roles to help others



Budget

Item	Description	Cost
Stipends for administrators and facilitators	Administrators: \$180 per month for 1 year; Facilitators: \$1,500 per facilitator (2 per circle, 6 circles)	\$20,160
Implementation costs	Food, transportation (participants and facilitators), sewing supplies, communication, venue	\$10,960
Advanced clinical training	Travel, visas, accommodations, food, consultation fee, Nepali-English interpreter	\$13,760
Overhead		\$4,488
TOTAL		\$49,368

About Common Threads Project

- Founded in 2012 by Dr. Rachel Cohen, a clinical psychologist specializing in trauma treatment
- Sought to develop comprehensive program to help survivors of war and extreme forms of sexual violence make an enduring and transformative recovery
- Rare for survivors to receive anything beyond minimal emergency services
- Partners with local organizations that become independent centers of excellence able to provide effective trauma treatment to women and girls

Share your thoughts

- Why are locally trained therapists a key component?
- How do you think sexual and gender-based violence affects an entire community?
- How does creativity aid the healing process?



