

# Common Threads Project

## for people affected by humanitarian crisis in Nepal

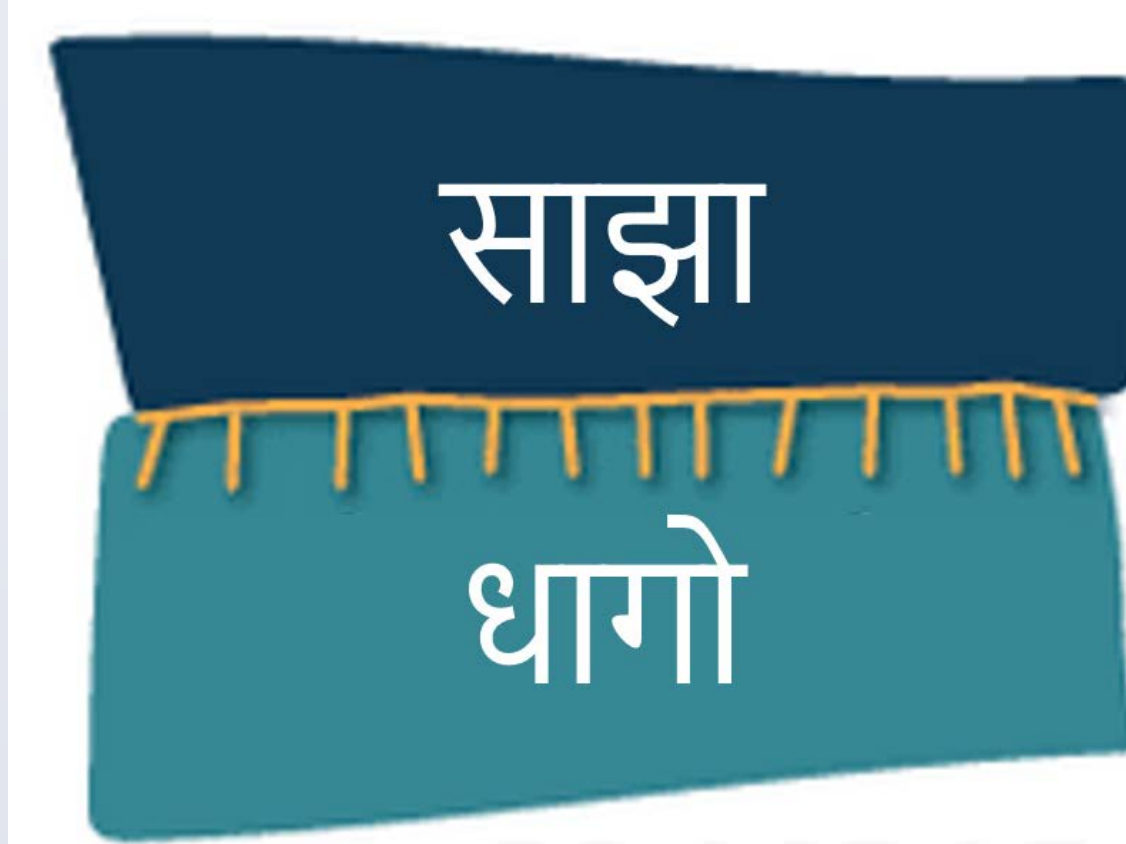
### Jamuna Maharjan Shrestha, Indira Pradhan

Transcultural Psychosocial Organization Nepal (TPO Nepal), Baluwatar, Kathmandu, Nepal

## INTRODUCTION

Common Threads (साझा धागो) Project takes its inspiration from the ancient art of making story cloths. In many cultures when women have faced *unspeakable* atrocities, they've come together to share their experiences, to support one another, and to sew their stories onto cloth in order to find their way out of despair. Common Thread Project infuses this practice with evidence-based trauma therapy, psycho-education, and mind-body work.

Informative learning



Expressive Art

Somatic Work

Care for Carers

TPO Nepal started Common Threads Project with Bhutanese refugees in 2014, and later expanded to other refugees. It was also implemented with 2015 earthquake affected population in Kathmandu.

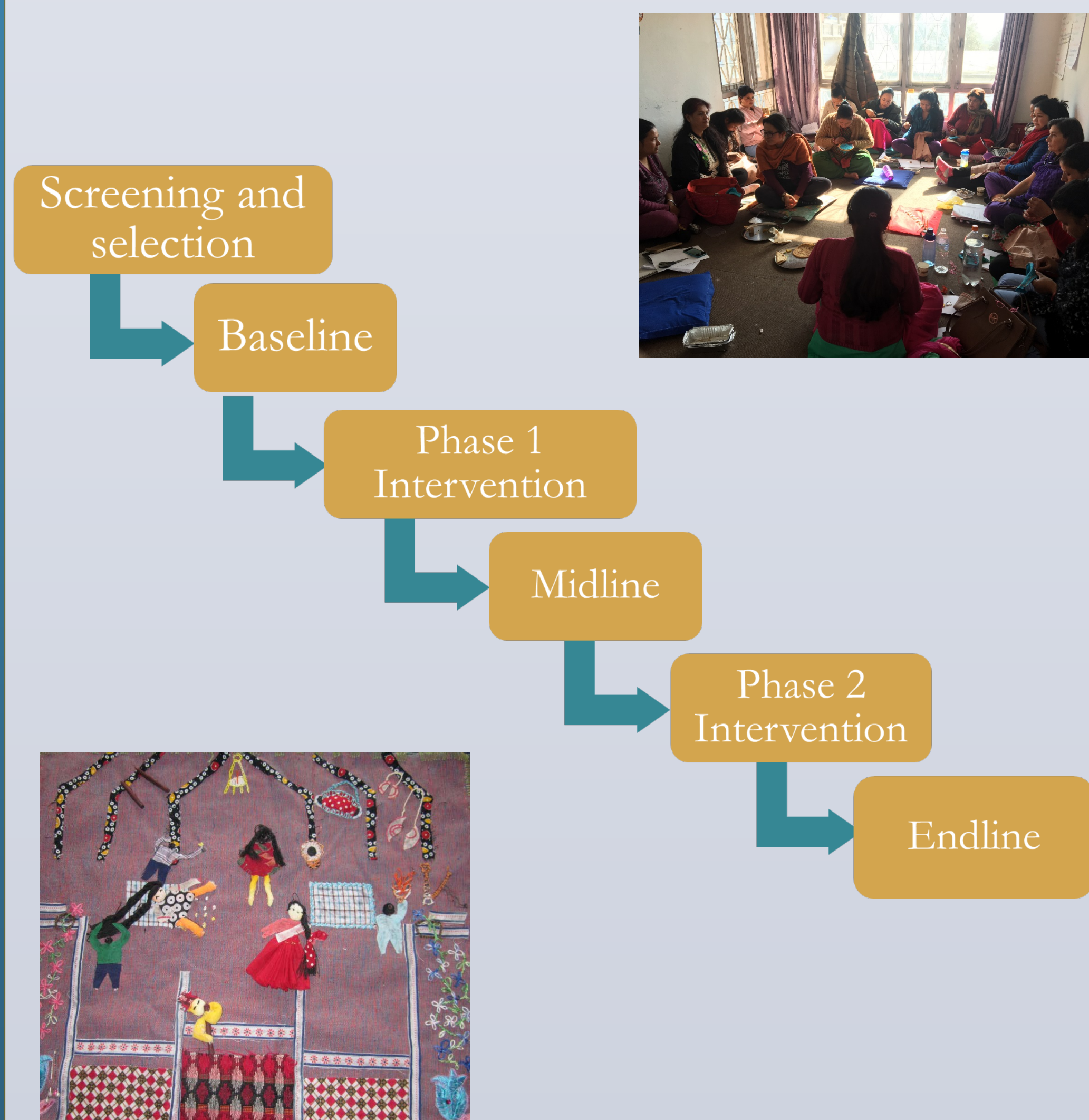


## HOW DO STORY CLOTHS HELP?

- Building Connections With Others
- Providing safety
- Encouraging Non-verbal Self-Expression
- Promoting Stress Reduction
- Achieving Mastery
- Fostering Empowerment
- Preserving Cultural Identity

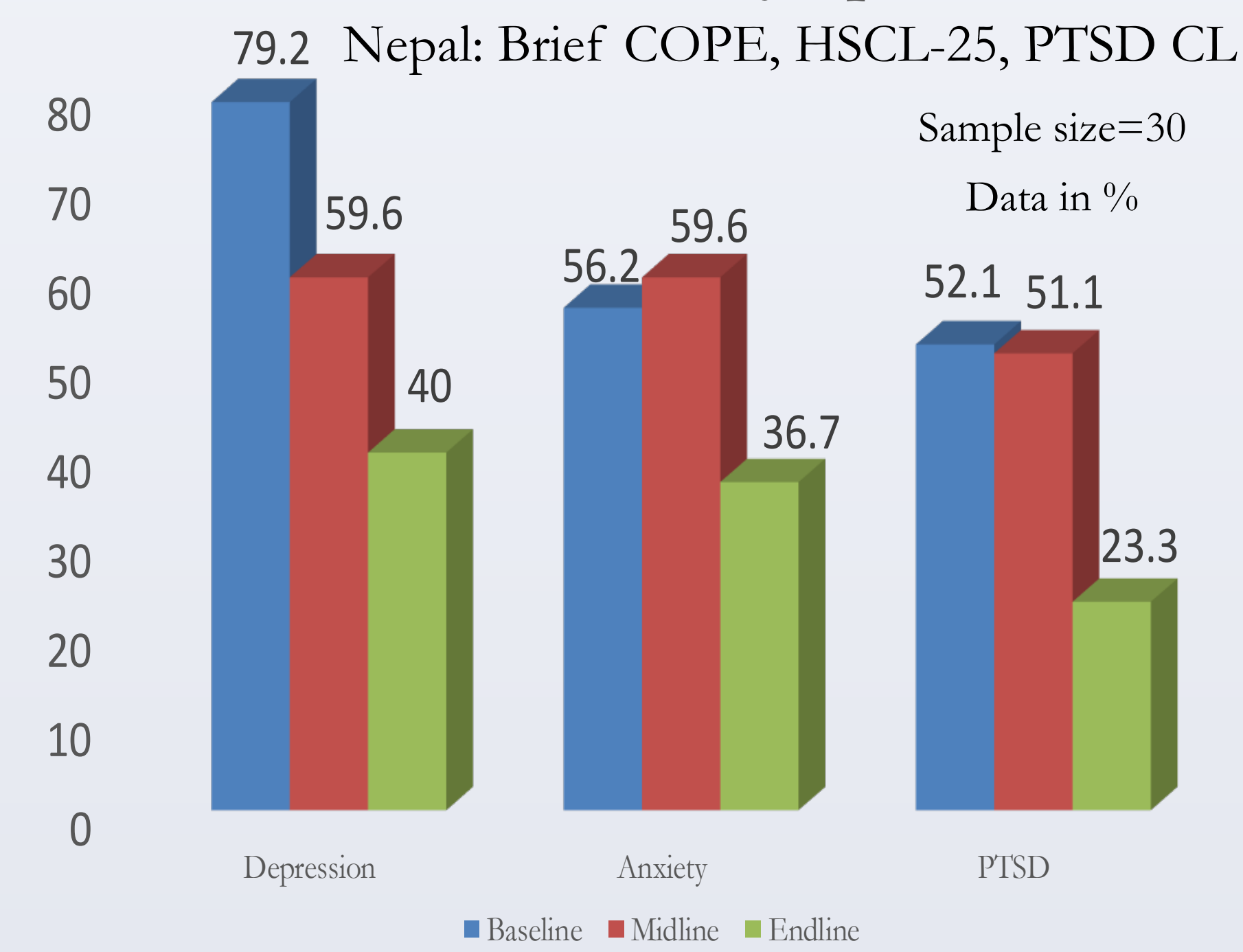


## METHOD



## QUANTITATIVE FINDINGS

### Mental Health Symptoms



## QUALITATIVE FINDINGS

"They listened to us, they understood us. I know they cannot do anything but even if someone listens to you that is a great thing one could do."

Themes of change	Findings
	Connection with others
	Self Expression
	Relief from tension
	Improvement in relationships
	Symptom reduction
	Problem-solving skills
	Self efficacy

"I was feeling terrible, heavy, desperate, disoriented. I didn't have strength for anything, in my home and at my work. What I used to do was to cry. Today I feel like a new person. I feel lighter, with more strength to work and to have my own business."

## CONCLUSION

- Safe space for the women to express themselves freely, without fear or judgment.
- Positive changes in behavior related to anger management were reported.
- Initiative from the women to restrict marriage below 20 in their community.
- Positive coping strategies to manage emotions.
- Powerful bonding among the women.



## ACKNOWLEDGEMENT

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## REFERENCES

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## CONTACT

Transcultural Psychosocial Organization Nepal (TPO Nepal)  
 Baluwatar, Kathmandu, Nepal  
 Tel.+977-01-4431717, 4437124, 4424082  
 E-mail: [jmaharjan@tponepal.org.np](mailto:jmaharjan@tponepal.org.np),  
[ipradhan@tponepal.org.np](mailto:ipradhan@tponepal.org.np)

