Common Threads Project
for people affected by humanitarian crisis in Nepal
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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.

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
- Screening and selection
- Baseline
- Phase 1 Intervention
- Midline
- Phase 2 Intervention
- Endline

QUANTITATIVE FINDINGS
Mental Health Symptoms
- Depression
- Anxiety
- PTSD

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<th></th>
<th>Baseline</th>
<th>Midline</th>
<th>Endline</th>
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QUALITATIVE FINDINGS
Themes of change
- Connection with others
- Self Expression
- Relief from tension
- Improvement in relationships
- Symptom reduction
- Problem-solving skills
- Self efficacy

"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."

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.

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REFERENCES


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