



## PBN Tribal Victim Services

### Using Art in the Recovery Process

Bridging the world survivors have been living in and the one they are beginning to create #BEAUTY #allIART

### The Recovery of the Senses

- Safety
- Relaxation
- Power
- Possibility
- Identity



### Sense of Safety

Art offers a private & non-threatening venue for participants to begin communicating internally with themselves #NOJudgments #NOExpectations

### Sense of Relaxation

Allowing constructive time to revitalize in the midst of struggle... re-focusing energies upon themselves #HEALINGprocess



### Sense of Power

Finding empowerment through creative freedom... being able to create what you want and how you want it #noRULES



### Sense of Possibility

like comment share

Freedom to step outside the box... to understand the process of self-acknowledgment and that things can be learned. It is OK to create something beautiful and express feelings they previously could not have conveyed #NOfilter

### Sense of Identity

like comment share

Tangible evidence of positive experiences & breakthroughs



### CHILLIN with Bea Hanson

Building concrete reminders for participants to know that they CAN maintain a sense of self through difficult times #selfies #tbt #OVW #DOJ #Iheart#s

### Why art??

like comment share

For women who have come together to move from old ways to new, healthier ways, the process of creative expression becomes a perfect tool to assist in this transformation.

- Self-Realization
- Quality time for reflection
- Empowerment
- Improved self-esteem
- An opportunity for sharing with peers
- Allows participants a safe place for self expression
- GREAT ART TO DISPLAY



Community Story Tree Project









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## The Recovery of the Senses

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# The Recovery of the Senses

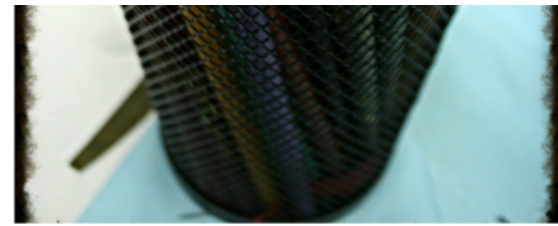
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- Safety
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## Sense of Safety

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## Sense of Relaxation

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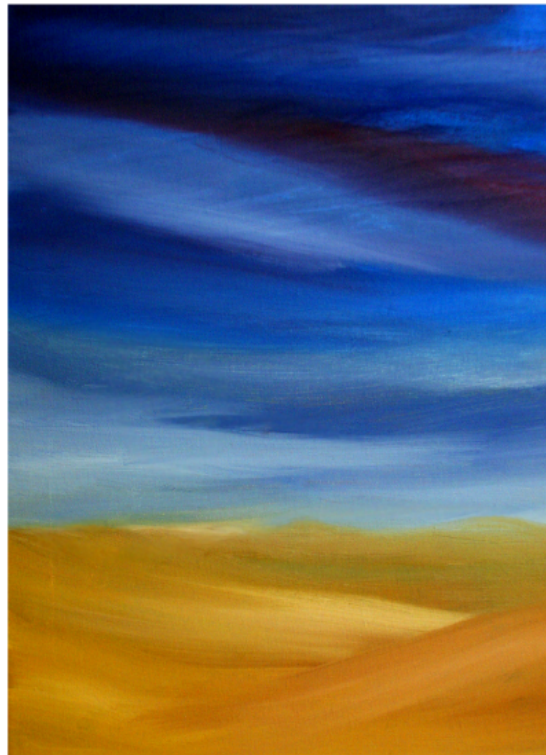


# Sense of Relaxation

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# PN Tribal Victim Services

## Sense of Possibility

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## Sense of Identity

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Tangible evidence of positive experiences & breakthroughs



**CHILLIN with Bea Hanson**

conveyed **#NOfilter**

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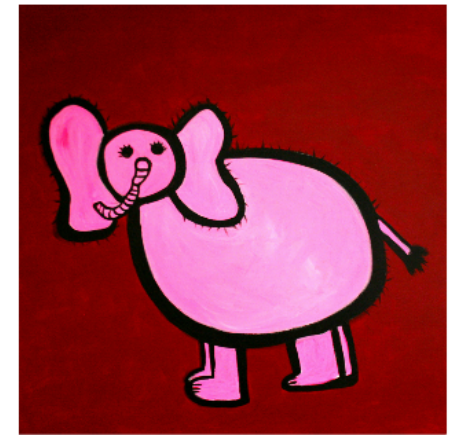


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**Community Story Tree Project**







***“The Community Story Tree visualizes [our] commitment and we will continue to work for a violence-free future.”*** Steve Ortiz, Former PBPN Chairman



***“Allowing me the time to reflect and be with my thoughts in a positive environment.”*** Jim Potter





Family  
BIG



Tip  
Love  
Faith



CHILDREN



Believe in Yourself

Faith

HOPE



Love



The only hope  
remains the one you  
carry in your heart.  
And that's exactly  
what you need to  
keep going in  
the toughest  
- Barbara Ehrenreich