

# COMMON THREADS SEATTLE



## LAUNCHING OUR SEATTLE AREA HEALING PROGRAM

FOR WOMEN AND GIRLS WHO HAVE ENDURED SEXUAL VIOLENCE, WAR,  
TRAUMA, AND FORCED DISPLACEMENT.

### WHY?

About 25% of the population of King County are refugees and immigrants. They have fled their countries to escape war, poverty, political violence, and human rights abuses. Many have experienced the loss of loved ones. A significant proportion of women carry the lasting wounds of sexual violence and other forms of gender-based violence that have occurred in their home countries, in the course of their journey towards “safety”, and in their places of resettlement. The impact of these experiences on individuals, families and communities is profound and lasting. There is an urgent need for effective and culturally sensitive psychological support to address these issues. Without an opportunity for true recovery, there is a risk that the trauma consequences will be passed on to the next generation.

As you know, COVID-19 has hit immigrant and refugee communities especially hard, leading to illness, death, loss of employment, and unrelenting stress. Women have shouldered a large part of the challenges of caregiving for those who are ill, managing households in distress, and of children home from school. The quarantine has brought economic hardship, families facing food insecurity, and increases in domestic violence and substance abuse.

Psychological support for women in immigrant and refugee communities is more urgent now than ever before.

## WHO?

Four exceptional community partners have joined us to implement the program. These organizations are led by and serve refugee and immigrant communities. They have formed a consortium to make Common Threads Seattle come to life.



Asian Counseling Referral Services  
[acrs.org](http://acrs.org)



Refugees Northwest  
[refugeesnw.org](http://refugeesnw.org)



Mother Africa  
[motherafrica.org](http://motherafrica.org)



Somali Family Safety Taskforce  
[somalifamilysafetytaskforce.org](http://somalifamilysafetytaskforce.org)

## WHAT?

After training the local clinical staff, the project will establish eight Common Threads healing circles in King County, engaging more than 100 women in the first year of implementation. Each circle meets for at least six months of weekly group sessions. Common Threads Project clinical faculty will provide ongoing supervision and mentoring so that local staff can achieve a high level of expertise in this methodology and can continue to provide these services for countless survivors in the future.

The Common Threads approach is designed for long-term transformative impact. Using this treatment, recovery from debilitating mental health symptoms is significant and appears to be enduring. In addition, the participants in the circles develop a close-knit community of support that they sustain over time, long after the formal programming ends.

Because this project is focused on capacity building, it promotes sustainability. Once local therapists have been trained, they will integrate Common Threads' methods into their so that they can continue to offer these services to the community going forward. These Seattle therapists will develop expertise in this approach over the course of their involvement. If they choose to continue their training, they will have the opportunity to become trainers for other clinicians. In this way, over time, the community partners in Seattle could become a regional center of excellence for Common Threads Project.

## WHEN?

We are delighted to begin an intensive training course the week of October 18-22, 2021. Fifteen Seattle clinicians have been chosen by their agencies to participate in the Common Threads experiential training course and then to facilitate the healing circles at their respective organizations. CTP Founder and Executive Director, Dr. Rachel Cohen, and Director of Training and Art Therapist, Tally Tripp, will come to Seattle to teach the course.

## HOW?

Several Rotary clubs have contributed funds to launch our training of local staff, including Seattle IV Rotary Club, Rotary Club District 5030, Poulsbo Rotary Club and Kingston-North Kitsap Rotary Club. We are also grateful to key private donors, such as the SOS Foundation, who have contributed generously to make this project possible.



## WANT TO LEARN MORE?

You can learn more about Common Threads Project by visiting our website and our social media pages.

Website: [commonthreadsproject.org](http://commonthreadsproject.org)



@CommonThreadsProject



@CommonThreadsProject



[/common-threads-project](https://www.linkedin.com/company/common-threads-project)



@CommonThreadsPr