



# ACT for PEACE



Intisar  
Foundation

## Our Founder

HH Sheikha Intisar AlSabah has a unique personality with sky high ambitions and love for life in all its details. In 2018, HH Sheikha founded Intisar Foundation a UK-based humanitarian organization dedicated to supporting Arab Women affected by war through Drama Therapy, and launched the Arab campaign #1MillionArabWomen.

In the light of the latest conflicts in the Middle East, the foundation's goals are to give the opportunity for women to heal from their psychological war trauma, strengthen their own resilience, and gain a new perspective to their life.

HH Sheikha Intisar aspires to a better life for all, starting with women as they are the key pillar of society. She supports women to be heard and seen through vocal and visual expression of their stories and knows that empowerment of women through greater internal strength and self-worth will bring peace to the Arab world. "Intisar Foundation" aims to heal 1 million Arab women affected by war through Drama Therapy.



## How we operate

We believe that women are the cornerstone of every household and the material that holds the community together. Hence, focusing our efforts on women's psychological needs, as they will instil this positive change and peace within their families and communities at large. We offer group therapy of 12 to 16 weekly sessions over three months for each group of women. Each group is no more than

20 women, giving each participant enough time and space to heal properly. Following this, the participants are invited to attend ongoing monthly sessions that provide the support and continuity needed to sustain their personal growth and healing process. Intisar Foundation ensures an effective and sustained psychological improvement for the beneficiaries as it is a unique model developed by us.

## Why do we exclusively use drama therapy?

Drama therapy is a therapeutic approach that uses theatrical techniques to facilitate psychological healing. Intisar Foundation uses Drama Therapy as it's a gentle yet effective, non-stigmatizing, and loving approach to healing women affected by war to overcome their trauma. Drama therapy permit the flexible utilization of various activities that allow each

woman to explore and overcome her individual trauma at her own pace and comfort. Our sessions are held in small groups, which allows for an affinity to develop between the women, creating a secure net of support within each group. The group then evolves into a small community that supports and nurtures each other.





## The Logo

Intisar Foundation's new logo symbolizes the journey of a woman affected by war with the use of Drama Therapy that liberates her mind and releases unresolved emotions.



Our woman goes from being in the foetal position caused by feelings of torment and helplessness and as she starts attending our programs she starts growing in resiliency as she strengthens her tired mind, she grows inside, she stands up to have a voice and be seen and triumphant over her ordeal. This transformation showcases her victory over her trauma while rising to the challenge of rebuilding her self-confidence, holding-up her

family, supporting her community and bringing Peace to her country.

The logo tells the story of change, showing how with the support of Intisar Foundation a woman in despair morphs to a woman rebuilt, self-assured and victorious.

Intisar means "victory" in Arabic, the logo is a dedication to the triumph of hope & peace over helplessness & hardship.

## Our Impact

**80%**

of our beneficiaries experienced reductions in symptoms of Depression\*

**70%**

of our beneficiaries experienced reductions in symptoms of Anxiety\*

**100%**

of our beneficiaries experienced improvement in their Self-Confidence\*

\*According to our pre- and post program psychological assessments



## Testimonials from our Beneficiaries:

"I always leaned more towards loneliness. I would sit alone and dig through my memories over and over... I broke this barrier and came out of this state"

**Hiba**

"Whenever I have a bad day, I remember the exercises we do during the Drama Therapy sessions and I do them at home. I instantly feel better."

**Hadeel**

"I have always wanted my tears to dry, I wanted to stop crying all the time. I learned that I am allowed to experience my emotions when I started the Drama Therapy sessions. It gave me freedom to be myself."

**Iman**

"I used to be so angry all of the time, when my daughter would ask me for a glass of water I would slap her. After joining the Drama Therapy sessions, I realize she is just thirsty"

**Arwa**

"I am stronger; I want to do what I love to do. I told my husband about what we do in the sessions without fear. My choices are in my control, no one can block my aspirations."

**Ameera**

"I never imagined myself to be bold enough to stand on a stage and act, to tell people about what happens with us. Nothing I can say would describe this transformation."

**Khadijah**

"We are old, we are grandmothers and mother. Honestly, we are not so old, but it is the pressure and anxieties of every day life that made us forget about our happiness. We even stopped caring about ourselves. When I started coming to the sessions, I started dressing better, I noticed I started wearing more colors and took better care of myself." **Alya**





## The Need for Expansion / Future goals

As war and social issues continue to ravage the fabric of Arab societies, the inevitable need for targeted psychological support grows with it. Intisar Foundation is working towards expanding its efforts in all Arab countries by developing the field of Drama Therapy.

We can reach One Million Arab women by implementing several strategic

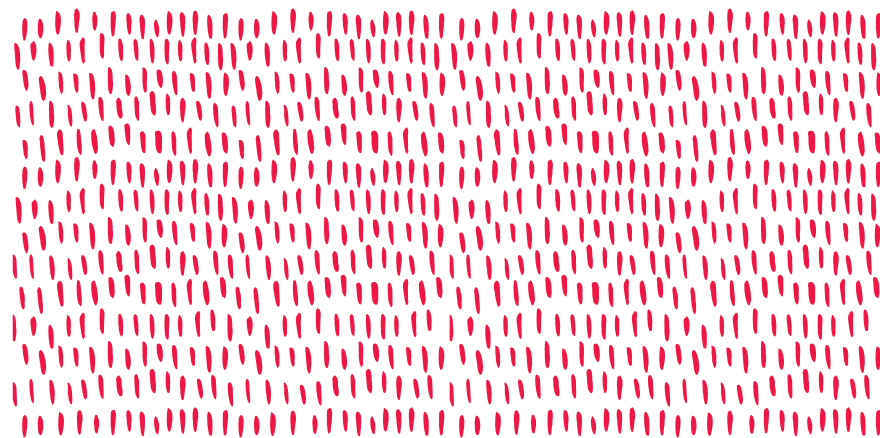
goals that will start by collaborations across several fields of academia, social work and civil society.

We plan to expand our reach through three distinct areas:

- Scholarships and Training of Trainers (ToT)
- Technical Committee
- Arab World Alliance of Drama Therapists

## One Million Arab Women

After years of conflict, today we have millions of internally and externally displaced Arab women, struggling each day to cope with the striving horrors they did not choose to see or face. Our 20 year plan is to reach One Million Arab women, by collaborating with universities and different institutions to establish a Masters curriculum in Drama Therapy and increase the number of Drama Therapists in the Arab world. Our aim is to educate and train 600+ Drama Therapists and facilitators in 20 years, so they can train women in their cultures, in their language, and their communities. By supporting and empowering women, we believe they can change those around them to the better, as we hope to spread our message to all women across the Arab world.



## Scholarships and Training of Trainers

Intisar Foundation is currently in the early stages of developing a scholarship program that would allow Arab female students from around the Arab world to study Drama Therapy Masters program free of cost. Our scholarship program will include 800 hours of field training that would allow our students to graduate ready to work on the field. Some parts of the 800 hours will be dedicated to working directly under the supervision of Arab Drama Therapists who have experience in working with the vulnerable population of war affected Arab women.

We are also developing a Training of Trainers (ToT) program, which will target Drama Therapists who are qualified to train other aspiring Drama Therapists to expand the discipline across the Arab world. Our ToT program will consist of 100 hours of intensive training of which different facets of Drama Therapy, political science, research, trauma informed psychology among other topics will be taught. The ToT program will ensure

a high level of training and education is provided to our trainers who will in turn be able to train other trainees, thus constantly expanding the pool of knowledgeable and qualified Drama Therapists in the Middle East.







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