

ASHTAR



عشنتار

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Togetherness احنا لبعض

Psycho-social intervention for prevention, mitigation, and release from trauma and its effects in time of war using theatre and psychology.

ASHTAR Theatre is launching a campaign providing immediate relief to express and mitigate the traumatic impact of the current war.

Palestinian lives are being ended on a mass scale as well as the psychological foundations are at stake and the psycho-social wellbeing is severely compromised. People are traumatised, anxious, tense, depressed, chronically exhausted, paralysed, facing instability, lack of security and uncertainty every day.

In collaboration with Palestinian psychologists, theatre makers and youth caregivers, we have adopted a holistic approach to address the multifaceted trauma experienced by children, youth, and adults in Palestine.

Four simultaneous approaches are at the core of our campaign:

Art therapy interventions: with children, youth and adults: theatre and art activities to help release trauma, alleviate stress and foster resilience.

Psychology workshops: for facilitators to equip them with necessary tools when dealing with traumatised individuals

Training of Trainers: equipping theatre trainers with toolkit to guide them in making the interventions

Referrals: for more in-depth support from Palestinian psychologists at hakini.net

Your support, no matter how big or small, makes a profound impact during this critical time.

Together, we have the power to heal hearts, minds, and bodies in a time of crisis and support the Palestinian people on their path to recovery.

In solidarity,
ASHTAR Theatre

