

## **The Memory Of War And Women In Peace.**

**Sheikha Intisar AlSabah, Farah Wardani**

For over two years, Intisar Foundation has used dramatherapy techniques to help women escape the memory of war and violence. A workshop inspired by the sessions Intisar Foundation holds for its beneficiaries, this presentation will help attendees of the ECArTE conference better understand how dramatherapy techniques have been used to help women affected by war and violence in refugee camps and low-income neighbourhoods across Lebanon and Jordan.

With exercises from physical theatre, playback theatre, psychodrama and theatre of the oppressed, HH Sheikha Intisar AlSabah will present this workshop to share a sample of dramatherapy's abilities to improve intrapersonal skills and inner growth. Lasting between 150 and 180 minutes, the workshop will invite participants from all backgrounds to use their memories as a means for psychological healing. The main focus of the workshop will be memory with an emphasis on the past self.

The workshop will start with a brief check-in exercise followed by a vocal and physical warm up, then two main exercises focused on memory retrieval and sharing, a script writing and a brief performance, and end with a reflection. A brief introduction to the foundation will precede the workshop, with an empirical overview of the psychological impact of the dramatherapy programmes and their role in promoting peace at the end. Most of the exercises used in this workshop have been used before in Intisar Foundation's sessions and will facilitate the exchange of culture and showcase the flexibility of dramatherapy as a culturally sensitive approach. The workshop will be prepared by Farah Wardani and HH Sheikha Intisar AlSabah and presented by the latter.

### **Biography**

**Her Highness Sheikha Intisar AlSabah** is a Kuwaiti social entrepreneur, philanthropist, author, film producer and columnist with a vision of a peaceful and aspirational Arab world. Her humanitarian work and her philanthropic and entrepreneurial initiatives have become even more significant in scope, reach and impact. Her Highness launched a pioneering initiative to heal one million Arabs through the use of dramatherapy after establishing Intisar Foundation. In 2018, HH Sheikha Intisar AlSabah started the process of launching Intisar Foundation, a UK registered charity dedicated to supporting Arab women affected by war through the creative and therapeutic approach of dramatherapy. The Foundation was officially registered with the UK and Wales Charity Commission on March 8, 2019, marking International Women's Day. It is the first and only organization to work on the mental health of women affected by war and trauma in the Arab world.

### **Recent publications and conference presentations**

Sakhi, S., Kreidie, L., Wardani, F., AlSabah, I. & Anbar, K. (2020). The Power of Theater Expression and Communication: A Psychological Therapeutic Intervention in a Refugee Camp: An IPA Study Into the Narratives of Women Refugees' Experience With Drama Therapy. *Psychology Research*, 10(1), 10-23. doi: 10.17265/2159-5542/2020.01.002

Lambert, L., Al-Sabah, I., Mulay-Shah, A., Al-Ghalib, S. & Al-Rasbi, Z. (2019). Continuing the work of developing a regional positive psychology. Proceedings from the 4<sup>th</sup> Middle East Psychological Association Annual Conference, Kuwait City, Kuwait (March 13-15, 2019). *Middle East Journal of Positive Psychology*, 5(1), 8-12.

Lambert, L., Passmore, H., Scull, N., Sabah, I. & Hussain, R. (2019). Wellbeing Matters in Kuwait: The Alnowair's Bareec Education Initiative. *Social Indicators Research*. 143. 1-23. 10.1007/s11205-018-1987-z.