

FAQ

Do you have to be a poet or artist?

No. People with all levels of writing and artistic experience - as well as levels of resistance, fear & nervousness - are welcome.

Can you define "survivor of sexual abuse?"

Language around these issues is always tricky and incomplete. The most important thing is for people to find the terms they are most comfortable identifying with. For the purpose of this workshop, anyone that has experienced sexual assault, abuse, violence or trauma on any level, including the broad range of second hand or gender based or cultural violence, is welcome. Our focus is on counteracting its influence. While it is important to recognize that sexual violence has varying degrees of impact on our lives, we are not interested in comparing pain.

Is this workshop for women only?

This workshop is open to people of all genders unless specified otherwise. Almost all of the people who attend are women.

"As I healed, it dawned on me that sexual energy was a positive and powerful force in my own recovery."

Staci Haines

NEXT WORKSHOP SERIES:

TIME: 6 Saturdays, 1:30-3:30 PM
October 22nd & 29th, November 12th & 19th, December 3rd & 10th

PLACE: New York City - email for exact location

FEES: \$240 for six sessions.
Limited partial scholarships available.

Please email us with any questions. We are also happy to talk on the phone.

Poet@samanthabarrow.com
drbava@gmail.com

[HTTP://SALIHABAVA.COM](http://SALIHABAVA.COM)
[HTTP://SAMANTHABARROW.COM/](http://SAMANTHABARROW.COM/)

Moving Our Embodied Stories

Creative resilience workshops for survivors of sexual assault

Facilitated by
SAMANTHA BARROW
SALIHA BAVA

October 22nd & 29th, November 12th & 19th, December 3rd & 10th

Healing & Celebrating the Erotic

Creating Together

We approach this workshop as a creative space to engage that part of ourselves that seeks movement, in writing, in community, in creative embodied play; that which may be blocked or desires full attention.

We live the stories we tell. We will explore our embodied stories that we have lived and continue to live, and look at how we choose to live our narratives, our bodies, and our possibilities.

We will explore our innate resiliencies as we open space for memories and experiences characterized by pain, abuse, violence or suffering. We seek energy from the sensual powers and imaginative feats that keep our hearts beating alive each day.

How We Do This

The Space

We begin by going through a series of introductions. We talk about how we came to do this work as a survivor, poet, counselor, and educators; then we co- create our ground rules and safety nets within the group. Using *Narrative Medicine* and *Relational Thinking*, we engage in a series of exercises, including but not limited to meditation, writing, movement and creative play designed to

- create a feeling of safety in our own bodies and among the group;
- honor whatever we bring with us in relation to our body memory and desire; and
- celebrate and explore our erotic imaginations in all their complexities.

There will be time to share parts of our writings and explorations but no one will be forced to.

Who We Are

Being and Becoming

SAMANTHA BARROW, MS is a poet, performer, writer and educator. She has an MS in Narrative Medicine from Columbia University, where she became a Distinguished Graduate Research Scholar. She completed the Advanced Seminar at the International Trauma Studies Program in NYC to fortify her work writing with and advocating for survivors of sexual assault, and now teaches Narrative Medicine at the City College of New York. She's been known to ride her motorcycle around the country, sharing her poems in bars, universities, libraries, and cafes. She has received multiple grants from the Leeway Foundation to tour and to facilitate **Sound/Body/Love/Poem; gently erotic poetry workshops for survivors of sexual abuse.**

She is the author of **GRIT and tender membrane** (Plan B Press). Her poetry, prose, reviews and interviews have been widely published, and she writes a quarterly column "Broadening Gender" for Avalon Magazine. She lives in New York City.

SALIHA BAVA, PhD is a licensed couple and family therapist, consultant and a leading thinker in the transformative field of play and performance in trauma therapy and relational thinking. She has over twenty years of experience in human development and in helping people design lives that are meaningful and transformative. She is the Director of Research at the International Trauma Studies Program and has written about relational approaches to trauma and performative practices. She has her PhD from Virginia Tech and is an Associate Professor of Marriage and Family Therapy at Mercy College, Dobbs Ferry and Doctoral Advisor at the Taos/Tilburg PhD in Social Sciences. Originally from India, Saliha lives in NYC.