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More than This: A Creative Space for Healing and Community

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More Than This

I am so happy to have found someone that allows me to feel held. He acknowledges his ignorance as a male, but is eager to learn about what it means to survive sexual abuse. One thing that has brought us closer is the More Than This event.
-Michelle, survivor

"As a survivor of rape, the stigma created self-defeating thought patterns that impacted the way I felt about myself and the way I connected with others. More Than This did not create a safe space that took something that once isolated me from my community and produced an inclusive and empowering."
-Marilyn, Survivor



"Very few people know about my struggle with pelvic pain and sexual trauma. I am so grateful for this opportunity to share, connect, and heal with strangers and others who are also finding a way to overcome their pain into a proactive artist and advocate."
-Angela, survivor

"I hugged a survivor on my way out and I cried with her. A survivor who opened my heart and allowed me to hug her and I felt pure love and hope. The last time I felt love when I hugged someone I never met was when my children were born."
-anonymous audience participant

More Than This events are a communal celebration for survivors of sexual trauma using creative arts to restore their self power, pain, hope, healing, and emotional well-being.



In 2016, we will work with other local survivors to create a community of support and healing. We will continue to work on building a community that can help survivors through this process and help them to heal.

At each event, we have an art community that helps survivors to express their feelings and emotions. We have a community of survivors that can help each other through this process and help them to heal.



Our mission is to use creative arts as a tool to empower survivors of sexual abuse, educate communities, and embody social change.



More Than This is a catalyst for survivors of sexual trauma to embrace healing, honor individuality, and cultivate empowerment through the engagement of creative expression.



We currently have launched two projects in 2016 that empower survivors and communities: Homecoming and More Than This events



More Than This seeks to continue to encapsulate Marisa's hierarchy of needs by using the philosophies of Expressive Arts Therapy through creating a visible support network of friends, family, and therapists, and other community advocates. In the future, we hope to provide educational activities for survivors and advocates. We believe all three goals are likely to help survivors achieve self-efficacy.



Homecoming

Homecoming is a supportive space for women-identified survivors of sexual assault. Each meeting integrates a creative expression with the meditative qualities of empowerment. No prior experience is necessary.



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