

Women's Project Report

Section Title: Women's Wellbeing: The Role of Psychotherapy and Creative Activities

Introduction

Women's wellbeing is shaped by a complex interplay of emotional, psychological, social, and physical factors. In response to the growing understanding of gender-specific challenges—such as trauma, caregiving burdens, and social inequality—integrated approaches combining psychotherapy and creative art activities have proven effective. These methods support healing, emotional expression, and personal empowerment.

1. Psychotherapy and Mental Health Support for Women

Psychotherapy provides a structured, confidential space where women can process complex emotions and life experiences. Approaches such as Cognitive Behavioural Therapy (CBT), Person-Centred Therapy, and trauma-informed practices help women address issues including depression, anxiety, trauma, and self-worth.

Case Study 1: Overcoming Domestic Abuse Through Therapy

Client: Sarah, 34

Context: After leaving an abusive relationship, Sarah struggled with panic attacks, feelings of guilt and low self-worth.

Intervention: Sarah engaged in weekly trauma-informed therapy sessions over three months. Sessions focused on understanding trauma responses, setting boundaries, and rebuilding her identity.

Outcome: Sarah reported improved emotional regulation, gained confidence in making life decisions, and eventually returned to employment.

Group psychotherapy also plays a crucial role by reducing isolation and creating shared understanding. Peer support is especially beneficial for mothers, older women, and those recovering from significant life transitions.

2. Art and Craft as Therapeutic and Wellbeing Tools

Creative activities such as drawing, collage, decorative work, journaling, and sewing offer non-verbal means for self-expression. These practices support mindfulness, emotional release, and personal agency, making them particularly effective in both clinical and community settings.

Case Study 2: Art Therapy for Postnatal Depression

Client: Aisha, 29

Context: Aisha experienced severe postnatal depression after the birth of her second child, finding it difficult to bond and express her emotions.

Intervention: She joined our community-based art therapy group for new mothers. Weekly sessions involved painting and reflective discussion.

Outcome: Over three months, Aisha began using artwork to express her feelings. Her mood stabilised, and she reported a stronger connection with her child and reduced reliance on medication.

Art-based interventions often require no prior skill. The focus is on expression and process rather than outcome, which reduces pressure and promotes freedom of expression.

3. Integrated Approaches to Holistic Wellbeing

Combining psychotherapy with creative activities addresses the whole person—emotionally, cognitively, and socially. This dual approach allows for deeper healing, particularly in women dealing with trauma, chronic stress, or loss of identity.

Case Study 3: Building Identity After Retirement

Client: Joan, 62

Context: After retiring and experiencing an "empty nest," Joan felt purposeless and isolated.

Intervention: She engaged in individual therapy while also joining a community craft programme where she learned textile art.

Outcome: Joan used therapy to explore her sense of self and grief around ageing. Meanwhile, the craft group gave her structure, social connection, and a new creative outlet.

Peace&Grace CIC empowers women by providing tools to understand their inner world and practical ways to rebuild connection and purpose.

Conclusion

The integration of psychotherapy and creative activities represents a highly effective and compassionate approach to promoting women's wellbeing. Case studies show how these interventions supported recovery from trauma, managed mental health conditions, and strengthened identity. For service providers and policymakers, these findings underline the importance of funding and supporting multidisciplinary programmes that combine mental health care with creative engagement.