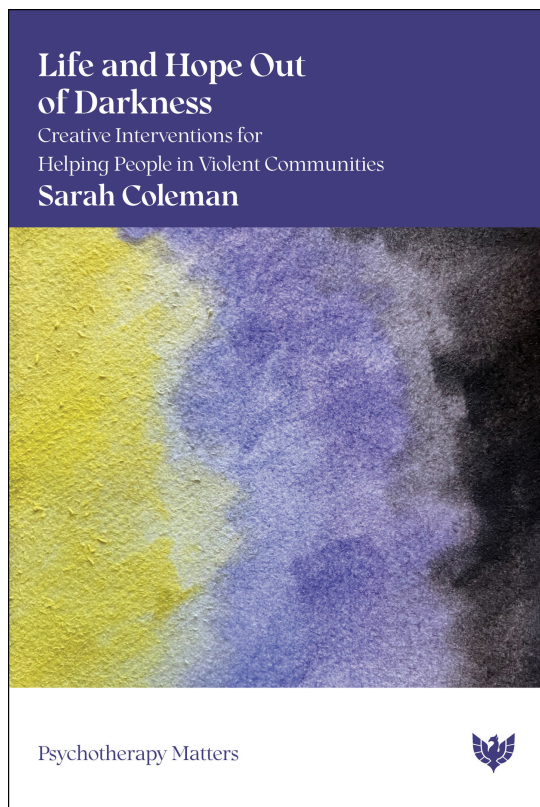


# LIFE AND HOPE OUT OF DARKNESS

Creative Interventions for Helping People in Violent Communities

**Sarah Coleman**



**Paperback:** £19.99

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**Series:** Psychotherapy Matters

**This book uses real-life examples to demonstrate effective tools to support people facing ongoing trauma.**

- It provides hope in a world of despair and reveals how creativity and mindfulness shed light out of darkness.
- Each chapter ends with thoughts for reflection about how we live and how we can make things better.
- The book contains 6 colour and 7 black and white illustrations.

*'I have no doubt that you will be able to easily apply the contents, chapter by chapter, both in your own life and in the lives of those entrusted to you – it's that good!'*

**Schalk Holloway**, author of *Die Groot Storie*

*'Sarah Coleman has written a book that is as heartbreaking as it is essential ... This book is a gift – one that holds both truth and hope in equal measure.'*

**Dr Ela Manga**, integrative medical practitioner

*'A moving testament to the human spirit, this book is both an inspiring and practical tool for those supporting others through trauma, especially those still living in traumatic environments.'*

**Emma Mills**, art psychotherapist, full member of the British Association of Art Therapists

This is the story of Sarah Coleman and the women she worked with in a violent, poverty-stricken community in South Africa, using art, drama, puppetry, dance, and mindfulness. Sarah emphasises the importance of creating a safe space for effective therapeutic work and explores how to navigate differences, including the necessity of acknowledging white power and privilege. She describes how to help people create good support structures in their lives, the importance of raising awareness of what is happening in the body, and the impact of working in violent communities. This uplifting book is recommended reading for all therapists and trainees involved in working with groups or the repercussions of trauma, and for individuals looking to bring hope and inspiration into their lives.

**Sarah Coleman** is passionate about using creativity to help people. She uses a mixture of art forms, including visual art, dance, drama, music, puppets, poetry, and sand tray. Sarah moved from the UK to South Africa at the start of 2020 to deepen her skills in working with trauma, running therapeutic groups in violent communities.



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