MERCI
LIFE CHANGE

You have the power to
Transform your life
lasting meaningful change starts from within

COMBINING ACT AND CREATIVE EXPRESSION THERAPY FOR WOMEN'S EMPOWERMENT AND TRANSFORMATION

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BACKGROUND

Violence against Women in Morocco: 54% age group : 25 – 29 (59.8 %)

- **CHALLENGE :** Verbal based Therapy. Unable to express unpleasant emotions and thoughts.
- **YES** to ACT – NO to Monotony & being stuck in unpleasant emotions & Thoughts.
- **BUT!** ACT + Creative Expression Therapy (CET) = Regulate Emotions. Helps with difficult experiences. Brings Excitement. Transforms & Empowers!

METHODS

Use of Creative Expression along with ACT :

"My Thoughts and Emotions have Colors"
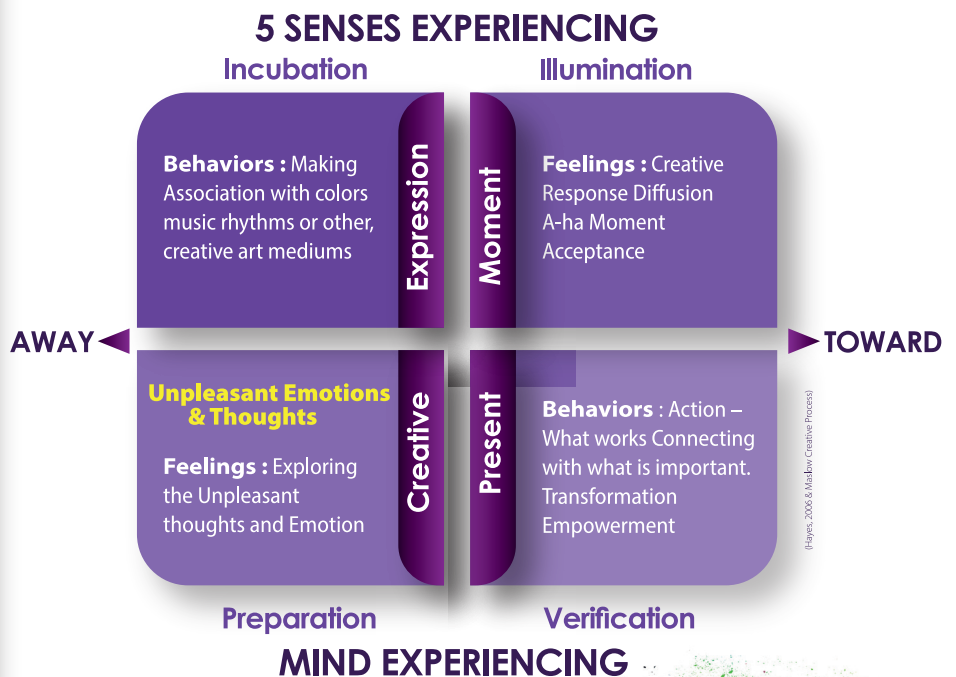"My Colors in the Here & Now"
"My Actions have Colors"

KEY FINDINGS

- Self-confidence significantly increased.
- Fear to connect to unpleasant emotions released.
- ACT enhanced through a Unique Empowerment and Transformation Experience.

TAKE-AWAY

- ACT is efficient to empower women.
- Powerful if combined with a CET.
- ACT and CET combined = Women's Empowerment and Transformation

ACT Combined with Creative Expression increase action towards a meaningful life increased.

5 SENSES EXPERIENCING

Incubation · Illumination

Expression · **Moment**

Behaviors : Making Association with colors music rhythms or other, creative art mediums

Feelings : Creative Response Diffusion A-ha Moment Acceptance

AWAY ◄ ───────── ► TOWARD

Unpleasant Emotions & Thoughts

Feelings : Exploring the Unpleasant thoughts and Emotion

Creative · **Present**

Behaviors : Action – What works Connecting with what is important. Transformation Empowerment

(Hayes, 2006 & Mallow Creative Process)

Preparation · Verification

MIND EXPERIENCING

Increased ability to deal with challenging emotions and flexible psychology observed in **6 out of 10 female clients**.

The **6 women** reported that they have enjoyed the creative process. It helped them observe better their thoughts and emotions.

MERYEM HAJJI LAAMOURI
Life Empowerment Strategist

"*Creative Expression and ACT increase the magic power of the Present Moment Awareness...*"

📍 **Rabat, MOROCCO**

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