

# ANNUAL REPORT 2022







# MESSAGE FROM OUR FOUNDER

To my Peace-loving community  
Dear humanitarians and advocates of mental health,

This is my fourth time penning down my thoughts to summarise another year in the work of the Intisar Foundation, but it is actually the fifth anniversary since I first learnt, to my dismay, that no mental health support was being offered to Arab women affected by war and violence.

It was in 2017 that I organised a roundtable and art exhibition in collaboration with the International Committee of the Red Cross, which was entitled "Women in War", when we all realised that, among many other issues, Arab women in war and violence-torn areas received zero support and guidance for their inevitable mental health struggles.

I felt a strong inner refusal of this upsetting status quo for Arab women which ignited a spark of determination within me, compelling me to work towards change.

The results that the Intisar Foundation achieved in 2022 are a testament to our commitment to improving the current conditions for these Arab women and to helping them reach their fullest potential.

However, it is worth mentioning that, although the Intisar Foundation's work is focused on the Arab world, its insights and learnings benefit all of humanity.

As a result, I dedicate my international advocacy work to pointing out that:

- Psychological support should be included in the initial humanitarian aid response, in addition to the delivery of human resources, medical care, food, shelter, water sanitation, and hygiene resources.
- Psychological intervention programmes for women affected by war and violence should be aligned with their specific cultural and social context.

In this way, we will be able to use mental health as a tool to self-empower women to bring Peace to their homes, communities, and countries – just like we have witnessed Arab women do after completing our drama therapy programmes.

**It with this belief in the power of mental health and the strength of women that I proudly announce that the Intisar Foundation will embark on the international expansion in 2023-2024.**

**With love and Peace,  
Intisar AlSabah  
Founder and Chairwoman, Intisar Foundation**



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# OUR MANDATE





*Intisar Foundation is the first charitable organisation that utilises drama therapy to bring Peace with an aim to effect a long-term and systemic social change across the Arab world by truly enabling the psychological recovery and self-empowerment of Arab women traumatised by war and violence.*

*As part of our primary mission, we actively promote and foster excellence in the fields of drama therapy implementation, education, and research and development within the Arab world.*



*Intisar Foundation provides psychological support programmes of drama therapy to Arab women traumatised by war and violence to facilitate their healing and recovery to bring Peace to the region.*



*Intisar Foundation is committed to expanding the availability of educated drama therapists in the Middle East, who will contribute their expertise within their respective cultures and communities to support our One Million Arab Women initiative.*



*Our team of drama therapists and researchers work on research projects that contribute to the field of drama therapy, mental health and psychosocial support since there is a lack of research data from the Arab world.*

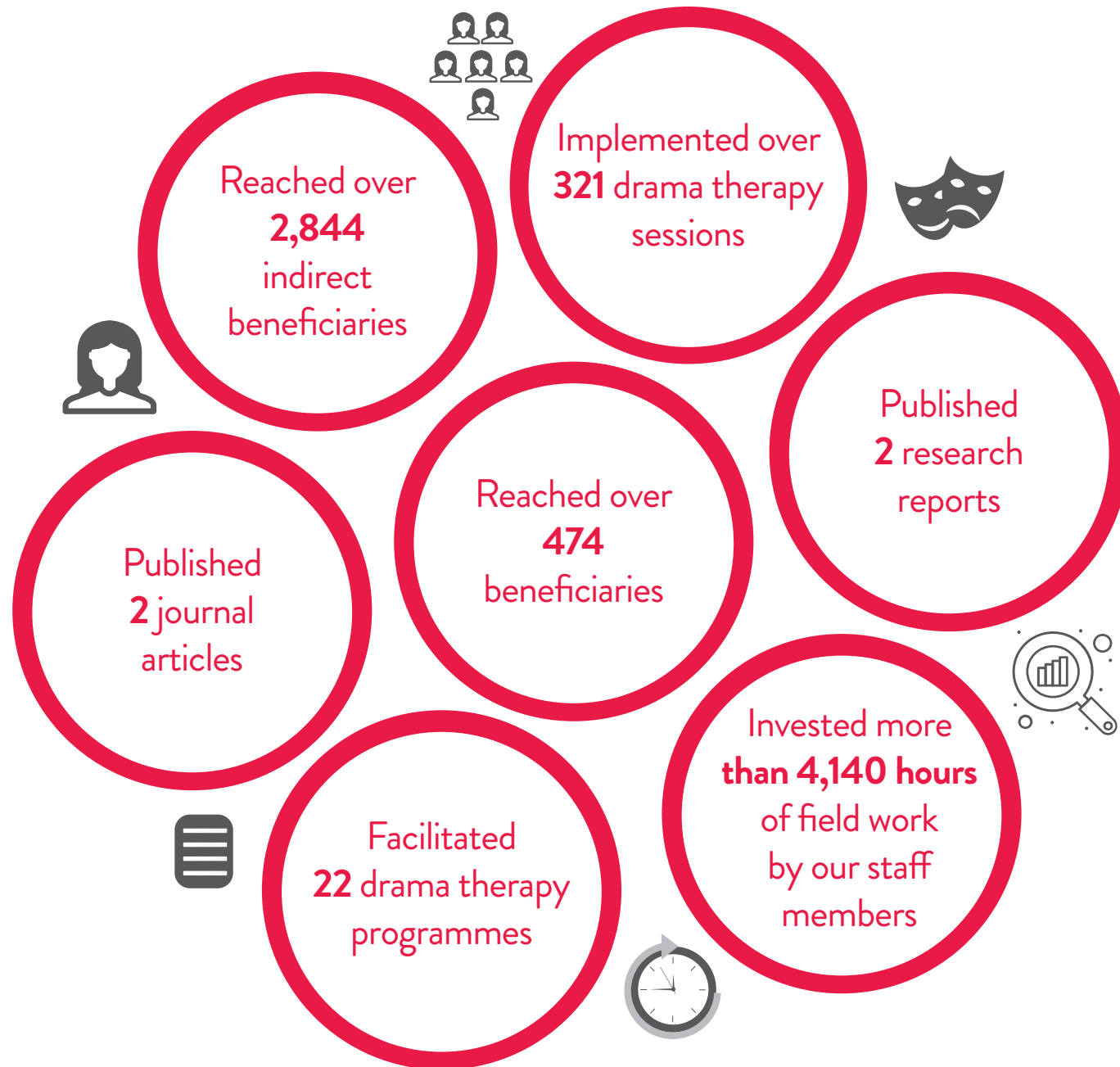
The Intisar Foundation has the 3 core pillars—**drama therapy**, **education**, and **research**—that underpin its mission to achieve the One Million Arab Women initiative. This comprehensive 30-year plan aims to address the psychological trauma experienced by one million Arab women affected by war and violence through the transformative power of drama therapy.



# PERFORMANCE SUMMARY IN 2022



# OUR OVERALL RESULTS (2019-2022)







**50%**

of the participants experienced  
reduction in **depression**



**33.33%**

of the participants experienced  
reduction in **anxiety**



**61.11%**

of the participants experienced  
reduction in **PTSD**



**38.88%**

of the participants experienced  
improvement in **satisfaction with life**



**44.44%**

of the participants experienced **increased positive  
emotional experiences** or **decreased negative  
emotional experiences**



**44.44%**

of the participants experienced  
improvement in **self-esteem**

\*Based on self reported questionnaires carried out between February and May 2022 among  
20 participants who took part in a drama therapy programme implemented by Intisar Foundation.

# TESTIMONIALS FROM OUR AGENTS OF PEACE

## Improving emotional self-regulation

“My daughter noticed how my relationship with her improved. After the programme, whenever I wanted to scold her or treat her in a bad way, I would retreat and rethink my actions. I used to come back home and tell her about the exercises that we were doing, she would be happy for me and encourage me to keep going.”

-Warde-

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## Becoming a better parent

“Before the programme, I used to be weak. Now, I feel empowered, and I defend myself better. My interaction with my kids improved. I was not an angry person, but I used to have some tension with them because I was under too much pressure. After the programme, I realised that my kids should not bear these consequences. I realised that I brought them into this world, therefore, it is my responsibility and duty to give them a happy life, and at the same time creating a relaxing life for myself. Now, I show them that life is good.”

-Johanna-

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## Developing a more positive outlook on life

“Before the programme, I used to drown myself in sadness. For example, if I listened to a sad song on my mobile, I would start crying. Also, whenever someone would speak to me, I would start crying. I didn't have any hope, not even 1%, to stay alive. I asked myself for whom I am living and for what. After the programme, my psychological state improved, and I gained hope that I want to live and see my kids' future. I want to be happy for them and be with my husband and daughter. All my thoughts have changed.”

-Noura-

## Reclaiming her right to education

“While I was growing up, due to the backwards mentality in Aleppo (Syria), many people believed that studying was not a good option for girls, hence I was removed from school after 9th grade.

After the Intisar Foundation's drama therapy programme ended, I looked for what I wanted to do with my life. The first thing that occurred to me was my love for the Arabic language, so I went back to school and started taking courses in Arabic and Quran. I graduated with honours, and I received an award for my work. I am now working on getting certified to become an Arabic literacy teacher. I have found my calling.

For me, this is the meaning of self-empowerment. After years of being shackled by the trauma of war, I am finally the person I have always wanted to be.”

-Afamia-

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## Overcoming destructive emotions

“Before the programme, I was depressed, lonely, and angry. But now, I can better handle my anger. I also started to interact with people more because of the group of ladies that were with us in the programme. I am planning to take part in a training to learn hairdressing and become sociable again. There were a lot of things that I gained from the exercises. For example, they taught me that I shouldn't always blame myself and put too much pressure on myself. They made me realise that sometimes we might want to isolate ourselves, yet life would not stop for us.”

-Hayat-



# ONE STORY OF SELF-EMPOWERMENT - AMAL

*How psychological support of drama therapy  
leads to new insights, new mindset, and a new life!*



## Drama therapy leads to Peace, joy, and self-empowerment.

My name is Amal, I am a 39-year-old mother of four. I got married when I was 21 years old and have been a homemaker since then.

I used to believe that a woman's place was in the home, to mop and clean, because my family raised me with the mentality that women could not do this or that. Everything was forbidden. Luckily, my husband is better than them. He has always given me more freedom over my life and decisions.

I found out about the Intisar Foundation when I was taking my son to nursery and the social workers at the centre invited me to join a "drama workshop". Since I have always considered that my place was to be in the home, to cook and clean, I was not very motivated to go. Yet, I did, and after only one session, **I realized that women had rights and privileges that they might not know about, and that if they knew about them, their lives could get better. I started to feel a change in myself. Life cannot be about one routine and it is good to move forward and change. So, I continued with the programme.**

Due to the interactions between beneficiaries, the movements and sounds, and other activities, we did not feel like we were attending a workshop or a programme where you would just sit and listen. In this programme, you got to move and be expressive. The sessions helped me overcome my grief because of my sister's death. Nowhere did I feel as safe as I did during those sessions.

I did not feel like I was sitting with strangers, because we treated each other like sisters. We could talk about our problems in safety. This has helped me to gain a new perspective on my problems as well as to put them in the greater context. The facilitator would listen and encourage us. She used to give us dancing exercises. Before, at parties or weddings, I would not dance. But in the sessions, I felt like I was motivated to do different things. **I learned that the world can be joyful, it can be filled with dance and laughter, and it is up to us to create these moments. I still think about how I became courageous enough to speak and dance in front of the other women, because this was not something I had known how to do before.**

## Drama therapy leads to courage, financial independence, and resilience.

The silence within us was finally broken. I live in a society where anything I say can be shared with others and misunderstood. With the women in the drama therapy sessions, I felt safe. I was able to express how I was feeling, talk about what was hurting me, or what I liked, or what I enjoyed. I felt better and at Peace. I now know that it is really difficult not to have a person with whom you can open up with trust.

**I have become different with my family and children. My usual response to them is no longer just screaming at them but there has been more conversation. I now ask them, "What do you want?", or "How can we fix this?", and we can fix their problems together. I used to be very angry.** I have four sons who are playful and scream a lot, so I used to get to the point where I would scream at them, and I would get so angry that I would start shaking. Now, I am better able to deal with my anger and I am able to ignore a lot of the noise.

The programme has helped me to learn that not all people are bad or want to hurt me. I got along well with all the women who attended the sessions with me, and now, whenever we run into each other, we smile and say hello.

**My husband had surgery a few weeks ago and I have been working to support my family. I now know that, for women, working is not wrong. I am not ashamed of this idea anymore. I am proud to be able to help my family out.**

I advise every woman like me to get out of the house and actively try to change her life. Only she can make herself feel better. Sadness brings nothing but bad health and stress. So, I strongly advise that you go out, attend drama therapy workshops, participate in any other group, because these things will help you feel better about yourself, and you will be able to take care of yourself and others. You can put your sadness behind you and move on with your life. Even if you fall, you can get up and stand on your feet, and vent and speak up. Anything that stays within us will eventually suffocate us.



# RESEARCH

## Research publication in Intervention Journal: Drama Therapy as a Mental Health Intervention for Women in Shatila Refugee Camp in Lebanon

The Intisar Foundation is committed to research as a vital component of our mission, because our research and publications efforts allow us not only to understand the impact of drama therapy through a scientific lens, but to also elevate the voices of our participants and add to the scientific body of knowledge.

This article contains two years of expertise and findings collected by Intisar Foundation's research team. The open-source publication offers a structured and clear outline of the programmes implemented in Shatila camp between 2018 and 2019 and their outcomes as presented through a series of quotes from participants.



Scan to read  
the full article

[Downloaded free from <http://www.interventionjournal.org> on Tuesday, October 25, 2022, IP: 104.151.17.12]

### Field Report

## Drama Therapy as a Mental Health Intervention for Women in the Shatila Refugee Camp, Lebanon

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### Abstract

Shatila camp is the largest refugee camp in Lebanon and home to many refugees needing psychological support as a result of war and postmigration stress. However, there is a severe lack of mental healthcare resources and strong social stigma towards psychological and psychiatric interventions. This field report describes four drama therapy programmes implemented by Intisar Foundation between 2018 and 2019 in Shatila camp. The first is an intensive five-phase programme that tackled trauma and improved wellbeing. The second, a follow-up, is a long-term programme aimed at providing continued community support. Approaches and techniques used in drama therapy are presented. The impact of the programmes is shown through compiled qualitative findings from over 50 interviews, focus group discussions and subsequent programme reports. The findings include emotional regulation, benefits of movement and exercise, a sense of belonging and changes within the family after the intervention. Drama therapy can be an effective psychological intervention for refugee women as it provides inclusive care and avoids stigma.

**Keywords:** drama therapy, Lebanon, mental health intervention, Shatila refugee camp

### Introduction

#### Background: Palestinian and Syrian Refugees in Lebanon

Most Palestinians in Lebanon are protracted refugees experiencing low socioeconomic status perpetuated by restricted employment opportunities and generally low-paying and menial jobs (Hanafi et al., 2012). Access to education for Palestinians in Lebanon is limited to The United Nations Relief and Works Agency (UNRWA) for Palestine Refugees in the Near East schools, which are often overcrowded and decrepit, while healthcare services are severely underfunded (UNHCR, 2016).

Due to the 2011 Syrian war, the influx of Syrian refugees further strained existing resources. Syrian refugees face similar challenges, including severe economic challenges, as competition for jobs increased upon their arrival (Atrache, 2020). Additionally, negative attitudes from the host community have sparked racist sentiments towards newly resettled populations, causing feelings of alienation, lack of social support and harassment. The pressure and frustration associated with living in harsh conditions have, in turn, increased cases of domestic violence, bullying and deterioration in mental health (Syam et al., 2019). Further, as Lebanon is not a signatory of the 1951 Refugee Convention (UNHCR, 2015), all Syrian refugees must

gain either sponsorship or pay for a residence and work permit to live and (formally) work in Lebanon. However, in reality, very few can afford to overcome these legal hurdles and end up working illegally to sustain a living (Essex-Lettieri et al., 2017).

As for Palestinian refugees, many of them remain stateless, thereby having fewer rights and protections than both Lebanese nationals and other foreign residents in Lebanon, including other refugees (Amnesty International, 2017). Furthermore, legal restrictions on Palestinian refugees in the labour market limit the sectors in which they are allowed to be employed (UNHCR, 2016), excluding them from professions in the medical, legal and engineering fields as only Lebanese nationals can join these professional syndicates (International Labour Organization, 2014). Consequently, many refugees work through informal means (Essex-Lettieri et al., 2017; UNHCR, 2016), leaving

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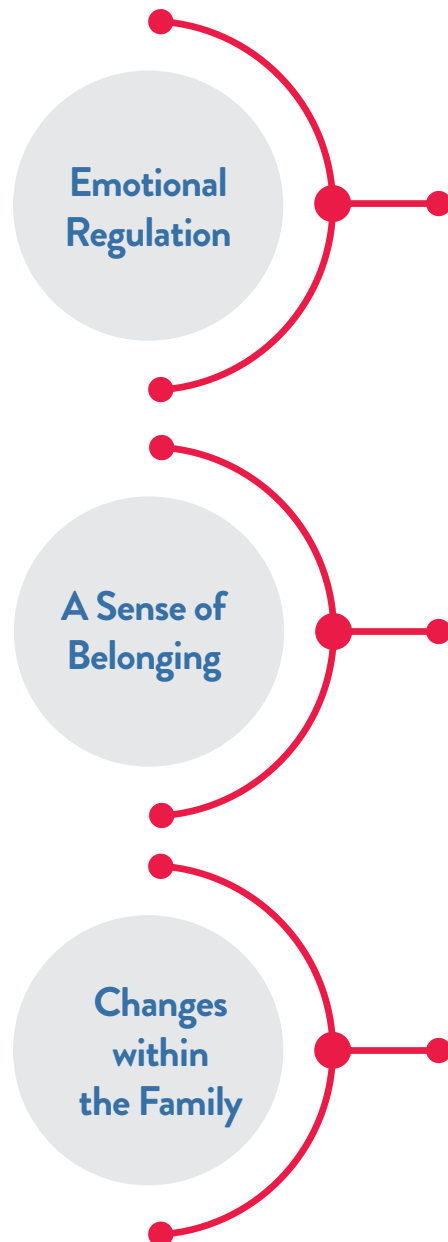
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# HIGHLIGHTS OF THE REPORT



*“Our upbringing was very conservative and we were taught that showing emotions is not okay. We had to keep everything buried inside us. It is shameful to cry, it is shameful to complain, it is shameful to confide in anyone because they will turn around and mock us. That made me very paranoid about people’s intentions. So, I always avoided talking about my feelings or my problems. But the sessions here taught me that it is okay to be expressive. I can and should talk to my friends and my colleagues about what is bothering me.”*

*“My daughters used to be scared of me. I used to yell at them and beat them over the smallest thing, it was living in a constant state of stress that made me so irritable. The drama therapy sessions were a chance to expel all the negative energy and come home feeling light. This allowed me to be more understanding with my daughters, as I realised that violence would make them hate me and less responsive to me. Many things have changed, we do not yell anymore, the girls finish their homework quicker and help me around the house without causing a fuss.”*

*“Frankly, I do not have many friends. I always felt that I bring people down because I constantly felt depressed. As the sessions went on, I found myself more comfortable with the women around me because they were open, and this helped me become more open. We were able to talk without fear or restrictions, we were in a sacred place together. Usually, we would whisper our secrets, but not in the sessions.”*



# EDUCATION: MoU with The Lebanese American University (LAU)

## Main Highlights



On March 24, 2022, Intisar Foundation and The Lebanese American University (LAU), a private American university in Beirut, signed an MoU.

Foundation selects students and offers necessary information and resources.


Intisar Foundation offers internship opportunities to LAU students.

Intisar Foundation will notify LAU Career Services about available internships.

Assignments tailored to students' skills and knowledge.

# EDUCATION: MoU with The Holy Spirit University of Kaslik (USEK)

## Main Highlights



**Goal:** Educate a new generation of female Arab drama therapists.

Financial support for 15 female Arab students in USEK's drama therapy Master's programme.

Therapists will be dispersed across Arab regions to help women affected by war and violence.

Aim to expand the pool of drama therapists in the Arab world.

# CONFERENCES



**“Wouldn’t it be brilliant if we allowed and accepted that women speak their mind just like men can speak their mind.”**

- HH Sheikhha Intisar AlSabah -



## Middle East 19th Annual Conference

On the 20th of May, 2022, Intisar Foundation’s founder and Chairwoman HH Sheikhha Intisar AlSabah took part in the Middle East 19th Annual Conference in London.

HH Sheikhha Intisar AlSabah discussed the importance of mental health key roles in self-empowerment and economic empowerment of Arab women affected by war and violence trauma.





**“Getting women to move is very important, and the way we engage them is through drama therapy which has body movement, coordination and also dancing.”**

- HH Sheikha Intisar AlSabah -

## Wish Qatar

In Doha, Wish Qatar 2022, an initiative of the Qatar Foundation shaping the global discussion on health innovation, hosted Intisar Foundation’s Founder and Chairwoman HH Sheikha Intisar AlSabah among a great number of global experts, athletes, academia, government and private sector stakeholders.

HH Sheikha Intisar AlSabah took part in the panel entitled “Sports for Mental Health: A Global Strengths-based System” to talk about the benefits of dance and physical movements that are aiding the recovery of Arab women traumatised by war and violence during our drama therapy programmes.



HH Sheikha Intisar AlSabah, Founder and Chairwoman of Intisar Foundation, Ms Karima Anbar, CEO of Intisar Foundation, and the Intisar Foundation team at the ECARTÉ conference, in Lithuania



## THE POWER OF EXPRESSION AND COMMUNICATION

### **Ecarte Conference**

ECARTÉ is a non-profit consortium of 33 member universities from 15 European countries. It is a non profit-making organisation. Its primary purpose is to represent and encourage the development of the Arts Therapies at a European level, in particular courses offering nationally-validated and professionally-recognised education for arts therapists. The Arts Therapies include art therapy, dance movement therapy, drama therapy and music therapy.

The Intisar Foundation team took part in the 16th European Arts Therapies Conference in Vilnius, Lithuania, which was organised by the European Consortium for Arts Therapy Education (ECARTÉ), as the only UK-registered organisation operating in the Arab world.

The team shared their experience, research data, and evidence-based conclusions on the profound impact of the arts therapies, and especially drama therapy, on providing psychological support to Arab women traumatised by war and violence.

## FINDINGS DELIVERED AT ECARTE



Dr. Lina Haddad Kreidie, senior researcher and member of the technical committee at Intisar Foundation, and Sara Sakhi, senior researcher at Intisar Foundation

### Reduction of Negative Affect Quote

*"I used to get upset over the smallest things. I felt like everything in the world was my responsibility. I did not have time for myself, I used to hit my young daughters and fight with my husband over the smallest issues. Before I used to lash out at my family always when I felt stressed out. I feel less angry now, my anger has subsided."*

*- Arwa -*

*One of our Agents of Peace in the Arab world*

### Reduction of Negative Affect

*Catharsis*  
*Anger regulation*

### Improvement of Positive Affect

*Improved outlook on life and finding happiness*  
*Emotional release with physical activity*  
*Increased self-confidence and openness*

### Community and Friendship

*Shared experiences forming*  
*New friendship*  
*Sense of community*



# Giving in the Gulf Cooperation Council (GCC)

Evolving towards strategic philanthropy



HH Sheikha Intisar took part in the launch of the "**Giving in The Gulf Cooperation Council (GCC): Evolving towards strategic philanthropy**" report by **LGT Private banking** in partnership with **Centre For Strategic Philanthropy, University of Cambridge Judge Business School**, in Dubai on the 11th of October, 2022.

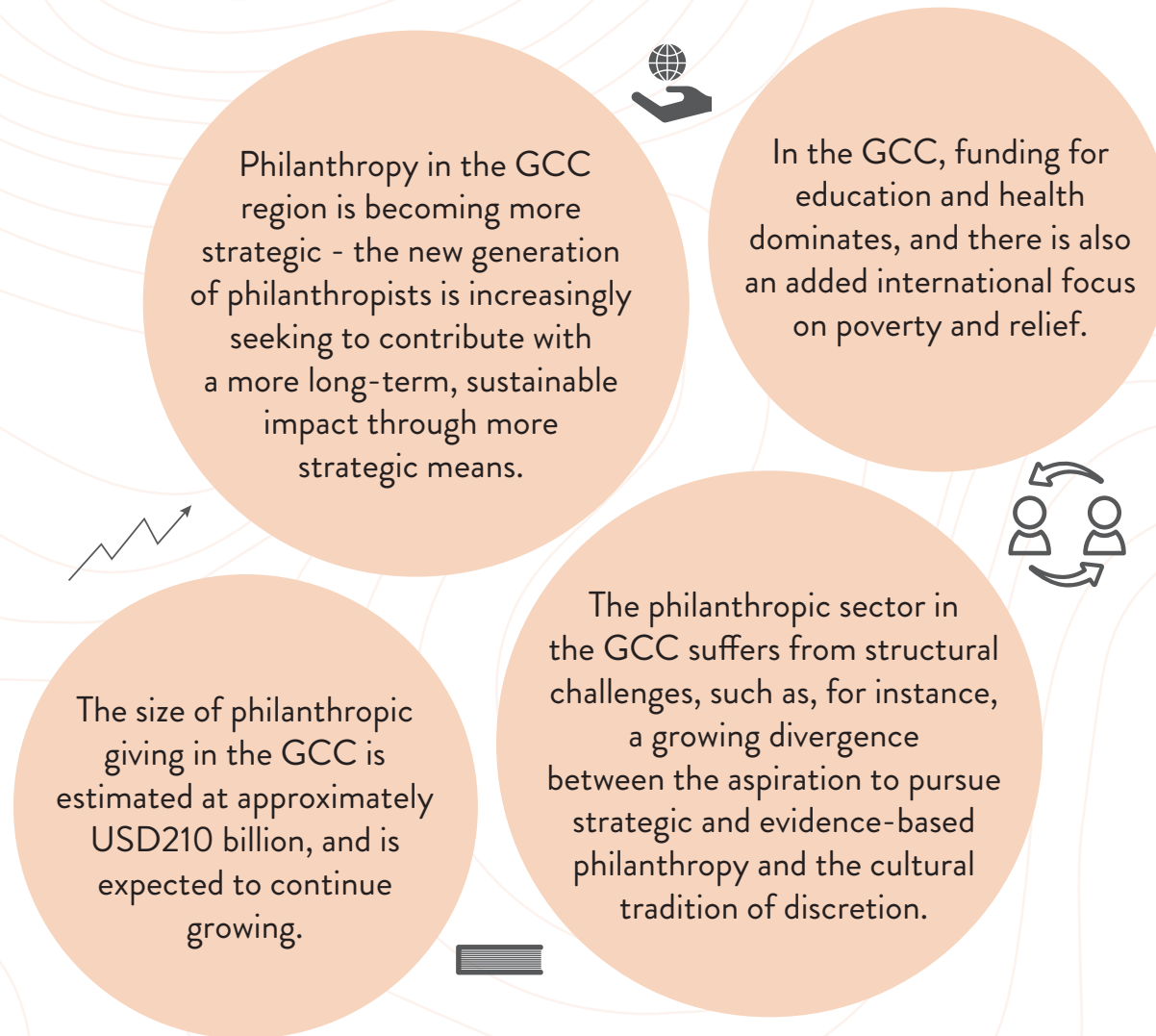
She joined **HRH Prince Max von Liechtenstein**, CEO of LGT Private Banking, **Clare Woodcraft**, former Executive Director of the Centre for Strategic Philanthropy at the University of Cambridge, **Mauro Guillen**, Vice Dean at the Wharton School, **Samsurin Welch**, associate and lecturer at the University of Cambridge, and **Nina Hoas**, the Head of Philanthropy Advisory at the largest royal family-owned private banking and asset management group LGT.

The study is based on the review of existing literature and interviews with 32 philanthropists, experts and professionals across the six GCC countries (Bahrain, Kuwait, Oman, Qatar, Saudi Arabia and the United Arab Emirates) aimed at deepening knowledge about the motivations, practices and trends in philanthropy in the GCC.



Centre for  
**Strategic  
Philanthropy**

# MAIN FINDINGS OF THE REPORT



# HH Sheikha Intisar AlSabah for the "Giving in The Gulf Cooperation Council (GCC): Evolving Towards Strategic Philanthropy" report

## EXTRACTS FROM THE REPORT

“

With my

**PHILANTHROPY,**

I want to make sure that people  
**THRIVE** in this world,  
not only **SURVIVE**

”

On why mental well-being forms the basis for more productive and peaceful societies.

“ It was common sense for me. I knew that – for myself – when I was emotionally stronger or emotionally more resilient, I was able to figure things out more quickly. ”

On working directly with grassroots non-profit organisations and the communities.

“ These constituencies are the ones holding the expertise, they have the network and the trust of the women we want to serve. ”



Scan to read  
the full report



# PODCAST



## Women in Africa

On February 15, 2022, HH Sheikha Intisar AlSabah, Founder and Chairwoman of the Intisar Foundation, participated in an online webinar entitled “Women in Africa Talks – How can self empowerment lead you to successful leadership.”

During the event, HH Sheikha Intisar AlSabah delved into our evidence-based initiatives and shared some inspiring success stories. **“We have had all the spectrum, from stay-at-home mothers to businesswomen, who lost their businesses due to war or disasters. These women have realigned with their true selves and emerged stronger, becoming a source of inspiration for other women and embodying a greater sense of Peace,”** said HH Sheikha Intisar AlSabah.

[CLICK HERE TO WATCH THE FULL WEBINAR](#)



## Women of The Middle East Podcast

Intisar Foundation’s Founder and Chairwoman, HH Sheikha Intisar AlSabah spoke about the power of positivity, drama therapy and resilience in a podcast episode with Dr. Amal Al Malik, founder of Women of The Middle East podcast.

**“Drama therapy helps the women to let go of the issues and pain. They start seeing the humanity in other people, and they let their guard down to bond with other women and create this support group that continues even after we finish working with them,”** HH Sheikha Intisar said.

[CLICK HERE TO LISTEN THE FULL PODCAST](#)



## Radio Orient Podcast

CEO of Intisar Foundation, Ms Karima Anbar, took part in a French podcast interview with Loïc Barrière on Radio Orient. **“While working effectively on the psychological dimension, we create links and that is how we can rebuild a society. We see the effectiveness in therapeutic terms because all the work we do is measured,”** she added.

Ms Karima Anbar spoke about the Intisar Foundation’s psychological support programmes of drama therapy that help alleviate psychological trauma in Arab women impacted by war and domestic violence to help them regain their confidence and become self-empowered.

[CLICK HERE TO LISTEN THE FULL PODCAST](#)



## The #DIPLOWOMEN Podcast

Founder and Chairwoman of Intisar Foundation, HH Sheikha Intisar AlSabah, was welcomed in the #Diplowomen Podcast hosted by Karma Ekmekji. HH Sheikha Intisar AlSabah talked about how Intisar Foundation's work on providing mental health support to Arab women traumatised by war and violence contributes to the Arab world's Peace and security agenda.

**“Psychological health will help women stop violence towards herself and then towards those around her. Her confidence will increase allowing her to become an effective and active element in building Peace,”** said HH Sheikha Intisar AlSabah.

[CLICK HERE TO LISTEN THE FULL PODCAST](#)

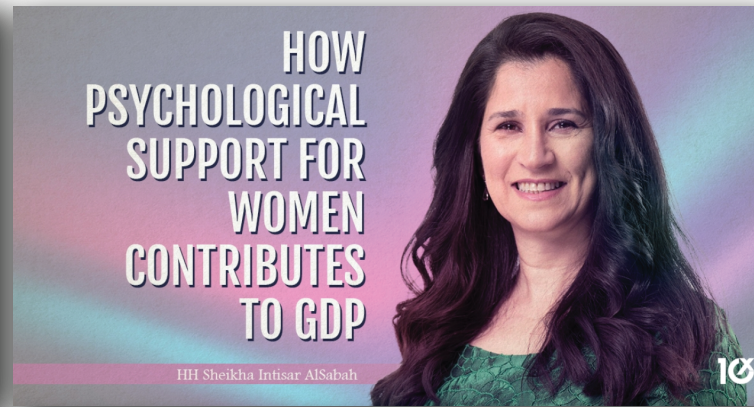
## **MEDIA COVERAGE:** Advocating For Mental Health As A Tool For Achieving Peace







This Kuwaiti Princess Is Using Theater to Turn Trauma into Peace



Entrepreneur Middle East's Achieving Women 2022: Karima Anbar, CEO, Intisar Foundation





## OUR COMMITMENT TO THE UNITED NATIONS' SUSTAINABLE DEVELOPMENT GOALS



### SDG3: Good Health and Wellbeing

Intisar Foundation utilises drama therapy to help Arab women affected by war and violence to overcome their psychological trauma. The Foundation's approach acknowledges the interconnectedness of physical and mental health, recognising the significance of both aspects in attaining overall holistic wellbeing.

### SDG4: Quality Education

Through the collaboration with USEK, Intisar Foundation offers 15 scholarships annually to aspiring Arab speaking female drama therapists. These scholarships equip individuals with the essential knowledge and skills to offer support and healing to Arab women traumatised by war and violence.

### SDG5: Gender Equality

Intisar Foundation is dedicated to self-empowering Arab women impacted by war and violence. Through the provision of drama therapy sessions, the foundation supports these women in reclaiming their autonomy, rebuilding their lives, and engaging actively within their communities.



### SDG8: Decent Work and Economic Growth

### SDG12: Responsible Consumption and Production

Intisars and Ebbarra jewelry brands are dedicated to supporting HH Sheikha Intisar's philanthropic goals by allocating a significant part of their proceeds to Intisar Foundation. Both brands prioritise sustainability and environmental protection by using ethically sourced diamonds, thus contributing to a more humane jewelry industry.

### SDG16: Peace, Justice and Strong Institutions

Through partnerships in various sectors, including humanitarian initiatives, academia, psychology, education, and media, Intisar Foundation establishes a sustainable plan to accomplish its objective of empowering #1MillionArabWomen for Peace.

### SDG17: Partnerships for the Goals

Intisar Foundation works closely with women affected by war and violence, focusing on reducing tensions between different groups and promoting grassroots Peacebuilding within communities.

# OUR PARTNERS

## FIELD PARTNERS

MAKANI

STAND FOR  
WOMEN

UTOPIA



## FUNDING PARTNERS

Intisary

EBBARRA



## EDUCATION PARTNERS





## MESSAGE FROM OUR CEO

### KARIMA ANBAR

To our loyal supporters,

As we have moved through the fourth year since we officially registered the Intisar Foundation in 2018, or the fifth year since HH Sheikha Intisar AlSabah decided to implement her idea of helping transform Arab women traumatised by war and violence into the Arab world's most effective Peacemakers through the psychological support programmes of drama therapy, I have started to worry whether our main message is still being put out into the world, clearly, concisely, and consistently.

Mind you, I do not worry whether it is getting diluted before it reaches our audience, but I do worry whether its essence is getting buried under so many programmes, initiatives, campaigns that we have been producing over the last few years.

Please allow me to reiterate that we are firm believers in the power of mental health support, and especially drama therapy, to enable Arab women traumatised by war and violence to reach the state of self-empowerment and contribute to building Peace in their homes, communities, and countries.

It is through mental health support that women can become Agents of Peace who are capable of challenging outdated beliefs and advocating for Peaceful solutions in a region that - as we all know - has faced its fair share of conflicts and challenges.

At the Intisar Foundation, we have recognised the immense potential and power that lies within the women of the Arab world, and we have therefore created a safe place for them to seek help, to work on their individual traumas, and to eventually heal.

We strongly believe in the love, empathy, and innate ability of these Arab women to nurture a more Peace-loving younger generation, to promote dialogue between conflicting parties, and to build Peace on a large scale.

**Join us in 2023-2024 as we will make our first big step towards our international expansion.**

Regards,

**Karima Anbar**  
**CEO**  
**Intisar Foundation**



# GET IN TOUCH

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