

Trusting the process...

A Window Between Worlds program facilitators often see profound transformations when participants create art. The process goes far beyond creating a product — it can be an emotional journey full of healing and positive change, as this facilitator witnessed with her client Terry.



“Since this workshop I have seen Terry more accepting and at peace than I have seen her in more than a year of working with her.”

One day we were creating masks as part of the “Revealing Power and Beauty” workshop. As usual, everyone was fairly quiet as they worked. Suddenly, in the middle of the workshop, Terry thrust her mask down and began crying. She said, “I hate this.”

She reached over to me and grasped my hand and looked at me with eyes I can’t quite describe — perhaps searching and painful. I paused for a moment to give her a chance to express herself. She continued to cry.

I smiled at her and squeezed her hand and told her she could create a new one if she wanted to. The other ladies encouraged her. I told her I loved it. I also told her to put the mask aside and give herself a few minutes to think about it and collect herself. She did and picked it back up a few minutes later and finished it.

During sharing time, she told us about the realization she had during the process: what was being created on the mask was how she felt about the masks she’d worn in her life to deal with trauma and circumstances. She decided she didn’t like these masks. She didn’t want to live like that anymore.

I’m not sure she especially “liked” the finished product, but she acknowledged that it was more about what was being revealed than what the mask looked like. In fact, her daughter saw the mask and loved it so much she asked her if she could have it. In response to the workshop Terry said, “I’ve learned to be open and trust. I also have a peace from this experience.”

Terry now talks about the moment and laughs, which shows tremendous growth and willingness to be vulnerable, helping new girls coming in that don’t know anything about these workshops.

Personally, over the last 6 months since this workshop, I have seen Terry more accepting and at peace than I have seen her in more than a year of working with her. I believe this was one of many turning points... for her and me, too!

Based on 3,508 participant evaluations submitted in 2016:

88% found the workshops helped them identify how their challenging experiences affected them

93% of adults felt more positively about themselves and their future after participating in a Windows workshop