

Seeking Sanctuary: A Journey of Hope and Healing for Japan's Tsunami Survivors

On March 11, 2011, a massive earthquake struck off the coast of Japan, triggering a devastating tsunami that claimed the lives of over 18,000 people and left hundreds of thousands homeless. In the aftermath of this unprecedented disaster, many survivors struggled to find hope and healing amidst the ruins.



Seeking Sanctuary by Tabitha Suzuma

★★★★☆ 4.5 out of 5

Language : English
File size : 452 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 90 pages



Seeking Sanctuary tells the unforgettable stories of some of these survivors, who found solace and support through art therapy and community outreach programs. The book follows the work of Tabitha Suzuma, a renowned art therapist who traveled to Japan in the wake of the tsunami to provide support to those affected by the disaster.

Through her work with survivors, Suzuma witnessed firsthand the power of art therapy to heal the wounds of trauma. Art therapy can help people

express their emotions in a safe and non-threatening way, and it can also help them to process their experiences and begin to heal.

In *Seeking Sanctuary*, Suzuma shares the stories of several survivors who found healing through art therapy. These stories are both heartbreaking and inspiring, and they offer a glimpse into the resilience of the human spirit. One of the survivors featured in the book is a young woman named Mariko, who lost her entire family in the tsunami. Mariko was deeply traumatized by her experience, and she struggled to find a way to cope with her grief. Through art therapy, Mariko was able to express her emotions and begin to heal. She found solace in painting and drawing, and she eventually found the strength to rebuild her life.

Another survivor featured in the book is a man named Kenji, who lost his home and his livelihood in the tsunami. Kenji was struggling with depression and anxiety, and he felt like he had lost all hope. Through art therapy, Kenji was able to find a way to express his emotions and begin to heal. He found solace in sculpting, and he eventually found the strength to rebuild his life.

The stories in *Seeking Sanctuary* are a testament to the power of art therapy to heal the wounds of trauma. They are also a reminder of the importance of community support in the aftermath of a disaster.

Reviews

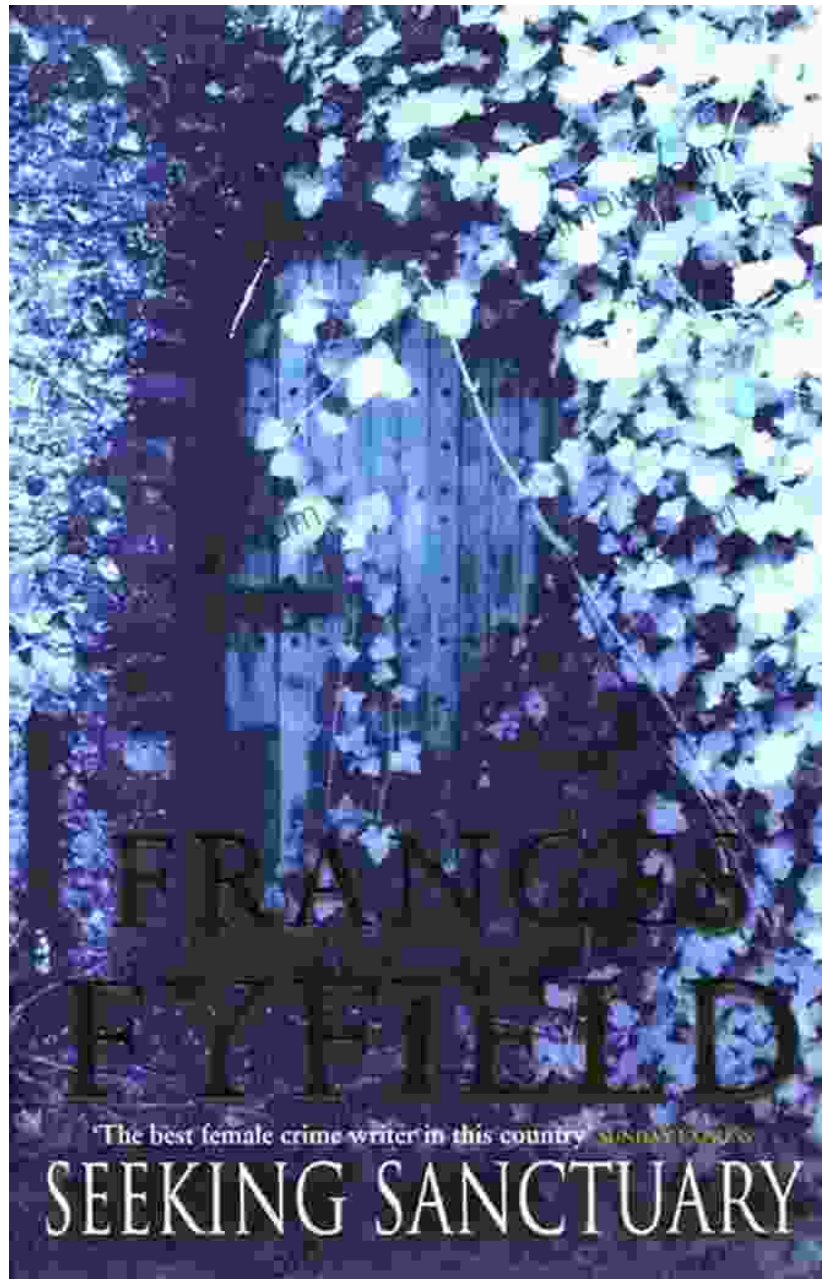
"*Seeking Sanctuary* is a moving and inspiring account of the power of art therapy to heal the wounds of trauma. Tabitha Suzuma's work with survivors of the Japan tsunami is a testament to the human spirit's ability to

overcome adversity." - **Dr. Bessel van der Kolk, author of *The Body Keeps the Score***

"A beautifully written and deeply moving book about the power of art to heal. *Seeking Sanctuary* is a must-read for anyone interested in the intersection of art and therapy." - **Dr. Judith Herman, author of *Trauma and Recovery***

Free Download Your Copy Today

Seeking Sanctuary is available now from your favorite bookseller. Free Download your copy today and be inspired by the stories of Japan's tsunami survivors.



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