

Who We Are



L'Merchie Frazier

TAP Director of Creative Engagement



Barbara Hamm, Psy.D.

TAP Director of Mindful Practice & Trauma-Informed Interventions



Mary Harvey, Ph.D

Director, Violence Transformed & TAP's primary Contributing Artist and Community Psychologist



Mark Gottlieb

Executive Director, The Public Health Advocacy Institute (PHA) & TAP Legal System Advisor



Keena Banda

TAP Administrative Assistant & Outreach Coordinator

How to Reach TAP

*Interested in bringing a TAP intervention to your community group or organization?
Please give a call or email*

Email:

tap@violencetransformed.org

Tel:

617-373-8625

Physical Address:

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TAP is an initiative of Violence Transformed and the Public Health Advocacy Institute at Northeastern School of Law

TAP is supported by funds from the Federal Victims of Crime Act of 1984. These VOCA funds are awarded by the Massachusetts Office for Victim Assistance



Transformative Action Project



creative engagement
mindful practice
legal advocacy
For groups & communities
Impacted by violence

*"In all forms of art, part of you is in the trauma, and part of you is a step away from it."
"There is no greater agony than bearing an untold story inside you."*

— Maya Angelou

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info@violencetransformed.org

"I knew this workshop [Barbara & Mary's Perspectives: Transforming Violence through Mindful Art-Making] would be a winner. It is an essential practice for our times to be ever mindful and to 'harvest the flowers of our pain' -this process & the conversations and exchanges have paved the way for new understanding and growth."

*-Ekua Holmes, Assistant Director
Center for Art and Community Partnerships
Massachusetts College of Art & Design*

T

Trauma -Informed

Sharing information about trauma and recovery with participants during each art-based activity supports verbal and nonverbal processing of complex emotions.

A

Access

TAP interventions are located in familiar community settings. Shared creative activities encourages and facilitates acceptance, belonging and reduction of stigma.

P

***Playful exploration of new possibilities** combined with the sharing and acquisition of new **problem-solving skills** helps restore dignity and create new social networks.*

TAP Interventions are:

- **offered as** interactive groups
- **time-limited** e.g. from a few hours to multi-day intensives; one time to a series sequenced across several months
- **co-designed** by TAP staff & community and neighborhood organizations who co-host the workshops in settings comfortable & accessible to their members
- **free of charge**



"My life work is one work. The images in the medium of fiber, beads, metals, poetry, performance, or work with community are threads of memory, reclaimed from the icons that bring recognition, salvation, redemption"

-L'Merchie Frazier

TAP Director of Creative Engagement

Mindful Practice

Exposure to trauma leaves an emotional and physical imprint. Our bodies and minds are often in states of activation or avoidance. This reactivity is addressed through the teaching of mindfulness practices. Each creative engagement exercise is preceded by, and paired with, mindfulness practices which have been shown to enhance self-acceptance, mediate strong emotions and foster self-regulation.



Creative Engagement

All TAP creative engagement interventions, whether visual, written or performance, are trauma-informed and sequenced in a manner that is attentive to, not only the emotional impact of traumatic events, but also to the social and political context in which they occur. TAP activities promote safety and self-determination in both individual and group exercises.



Legal Empowerment

TAP interventions support translation of new skills into meaningful & empowered action. Access to legal information is woven into the creative engagement process to familiarize participants with needed resources and to facilitate a sense of mastery as they navigate through the legal system.