



Hope Made Visible™

Sharing Flags among Armed Services Veterans
in Supportive Communities
created by Habitat for Humanity.

HOPE MADE VISIBLE™ is an Expressive Arts Therapy program of San Diego Cancer Research Institute; it was created, facilitated and launched internationally by Alessandra Colfi, PhD. Flags have been used throughout history, in different cultures and traditions, as a symbolic means to express personal and universal ideas, to promote and share healing, peace, compassion, and wisdom. Colors, words, and visual symbols become unique self-expression of hope, dreams, victories, losses, and concerns. Sharing the flags allows each artist to be a part of the larger healing group, to be of service to others in similar circumstances, and to co-create an integrated, inclusive community.



***"This experience allowed me to settle more deeply into my personal history as a veteran (Army Infantry, Vietnam, 1967-68), heal, and emerge more centered and integrated."
~ William Leslie***

Our Veterans have embraced this process and created many stunning flags which symbolically capture their personal stories, feelings, and hopes. The playfulness offered by the creative process and by the variety of art supplies invited each participant to enjoy relaxation, experimentation & comfort in risk-taking, focus, introspection, problem solving, and satisfaction. Each personal journey is infused with pain, struggles, sacrifice, loss, anger, awareness, honor, pride, wonderment, strength, increasingly positive outlook, and redemption. Each story belongs to the unique experience of service, camaraderie, awareness of the collective challenges for survival and purpose. Symbolically the flags are cathartic tools; they show each individual's sacred contract with the self and their families, with Habitat for Humanity, and with the community at large to lift their lives up through love, commitment, honesty, mutual support, and hard work.

TOGETHER WE MAKE RESILIENCE VISIBLE.



Alessandra Colfi holds a B.A. in Linguistics, a Master in Fine Art, and a Ph.D. in Expressive Arts Therapy. She is a Faculty and the Associate Director of the Expressive Arts Therapy Department at IUPS, a member of the International Expressive Arts Therapy Association, Americans for the Arts, and Healing Arts Canada. Her background in design & fine art is combined with extensive studies and applications of Behavioral Science, Counseling, Transpersonal and Humanistic Psychology, Psychodrama, and Dance/Movement Therapy. Alessandra has been using the arts for their therapeutic effects for over 14 years in private and clinical settings.

San Diego Cancer Research Institute www.sdcri.org