

To
The Program Director
Samarpan Recovery Centre

Subject: Proposal to Integrate Expressive Arts Therapy in the Recovery Process

Dear Program Director,

I hope this message finds you well. I am writing to offer my services as an expressive arts therapist and to explore how expressive arts could complement the excellent work Samarpan Recovery does in helping individuals heal from addiction.

I see that Samarpan's approach is already quite integrative, blending evidence-based clinical interventions like CBT, DBT, medical detox, and psycho-educational training with complementary therapeutic practices. Expressive arts therapy can deepen that integrative model by offering additional creative pathways for emotional processing, trauma resolution, and resilience-building when words or standard therapies may not suffice.

Over the years, I have worked with both children and elderly people, facilitating expressive arts sessions that help participants:

- uncover and articulate difficult emotions
- build self-worth, agency, and identity
- explore and process trauma in a safe, embodied way
- rekindle hope and social connection

I believe that introducing expressive arts into Samarpan's rehabilitation programs could offer clients additional support, especially in:

- reinforcing relapse prevention through emotional expression and self-reflection
- enhancing coping skills via creative outlets
- improving aftercare and community reintegration by giving clients tools for ongoing self-care

I would be glad to design a pilot expressive arts module or short series of sessions tailored to your residents. I have attached my CV for your reference, and I would welcome the opportunity to meet and discuss how this addition might enrich Samarpan's already strong treatment model.

Thank you for considering this proposal. I look forward to the possibility of working together to support your clients in reclaiming their emotional health, identity, and strength.

Warm regards,
Tanveen Randhawa