***Catharsis* refers to an emotional release for the characters in a literary work, or an emotional release for the audience of the work. In Greek, the word *catharsis* literally means "cleansing". The emotional release that characters or the audience experience during the *catharsi*s can lead to a sense of forgiveness and renewal. Most tragic works of literature end with catharsis. This art series is informed by literature about women who survived trauma, both physical and emotional. It places focus on healing.**