

Reading Guide for **THE ART OF HEALING**  
Text by Aurora Almendral and photographs by Thana Farooq

*Summary:* “The Art of Healing,” tells Thana’s migration story from Yemen to the Netherlands and focuses on her use of photography as a tool to connect and heal.

**A. Review the key vocabulary words**

dislocation, permanent residency, trepidation

**B. As you read, use details from the text to respond to the following questions:**

1. How does the article describe life in Sanaa, the capital city of Yemen, during the civil war?
2. How did Thana use photography to reconnect with home? What did Thana choose to take pictures of and what did she avoid documenting? Why did she make those choices?
3. How does the article describe Thana’s journey through the Dutch asylum system?
4. Why does Thana feel encouraged to form a home in the Netherlands? What opportunities and attitudes are supporting her adjustment?
5. How has Thana’s photography inspired and helped other migrants?

**C. Write or discuss your responses to the following questions:**

1. Thana has used photography as a tool throughout her migration journey. How did photography help Thana process her experiences? How might it help her heal? How can photography be a tool for self-expression and healing?
2. By sharing her photography with other migrants, Thana helped other migrants acknowledge and heal from their pain. It gave them courage. Do you think art can be

courageous? When is art courageous for the artist? How can art inspire courage in an audience?