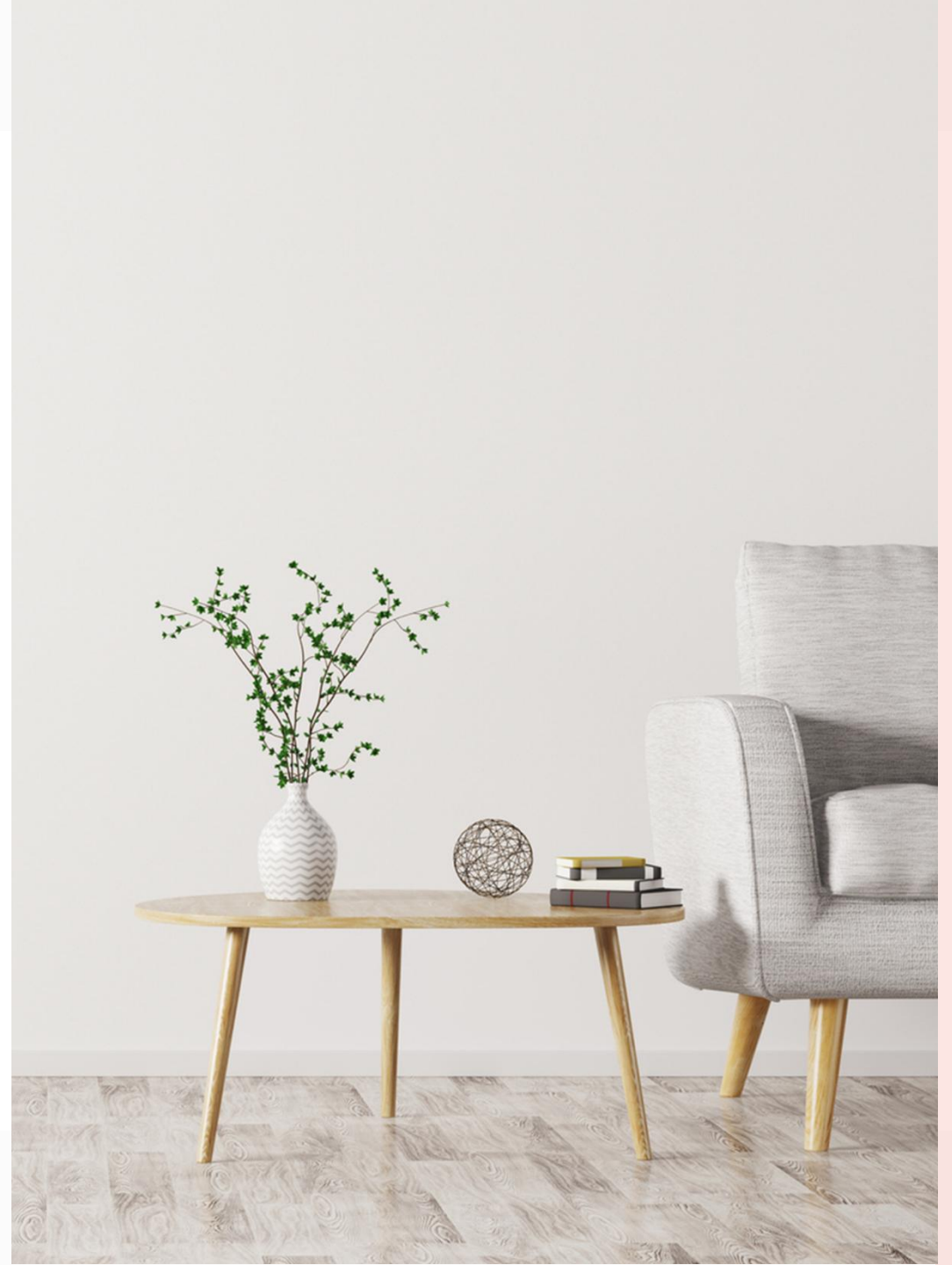


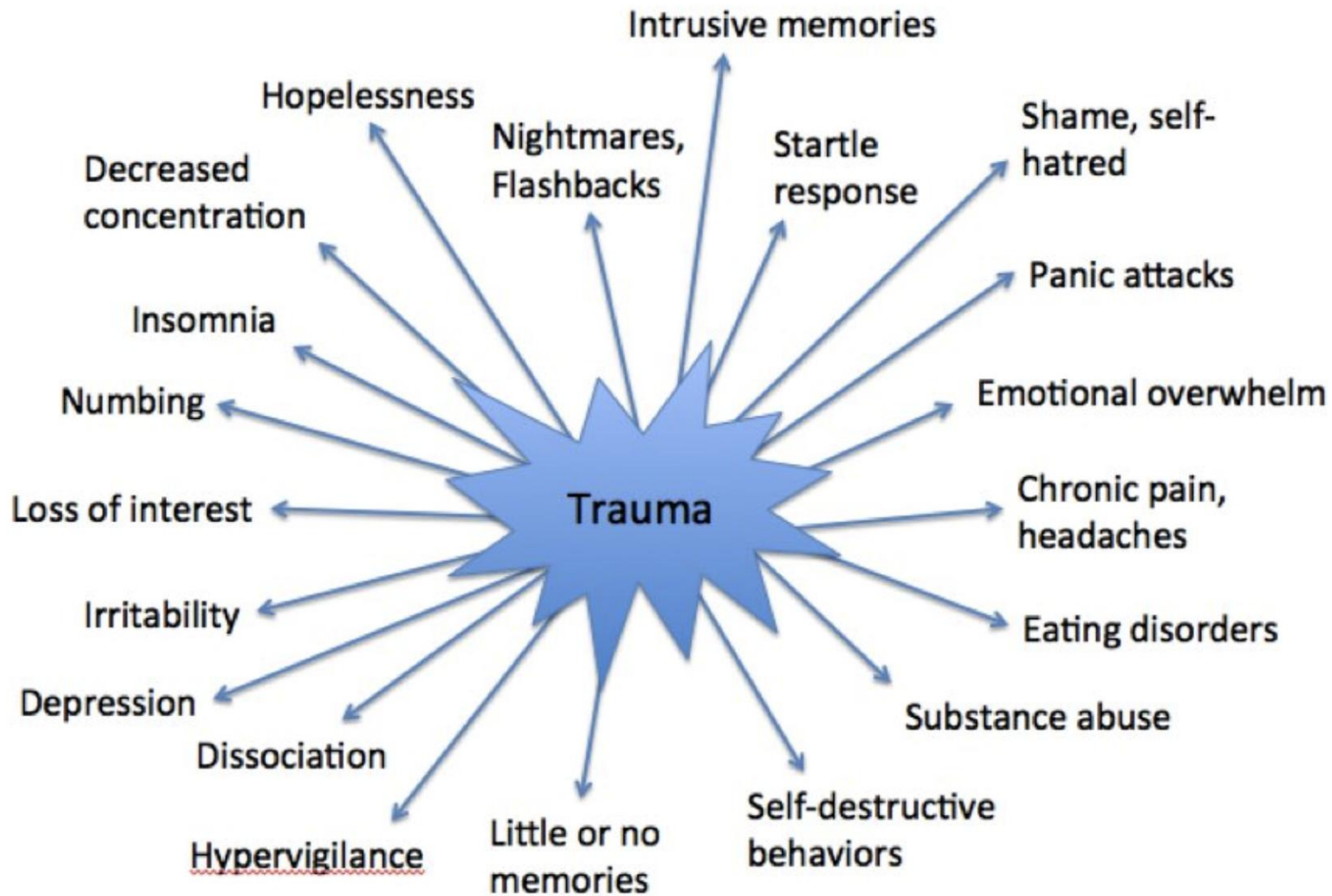


Trauma and Human Trafficking: What You Need To Know

Katie Papke, LMSW, CAADC,
CCHTVSP

Trauma





Adapted from Janina Fisher

Goal is not to re-traumatize!

Why do we need to
be trauma-informed?



Trauma-informed care vs. trauma treatment

TIC

- Universal framework for services
- Effects practices, policies, and culture of an organization
- All staff have the awareness, knowledge, and skills to support trauma survivors

Trauma Treatment

- Clinical interventions
- Addresses trauma-related symptoms and PTSD
- Advanced counseling training
- Evidenced Based Practices

Trauma-informed responses

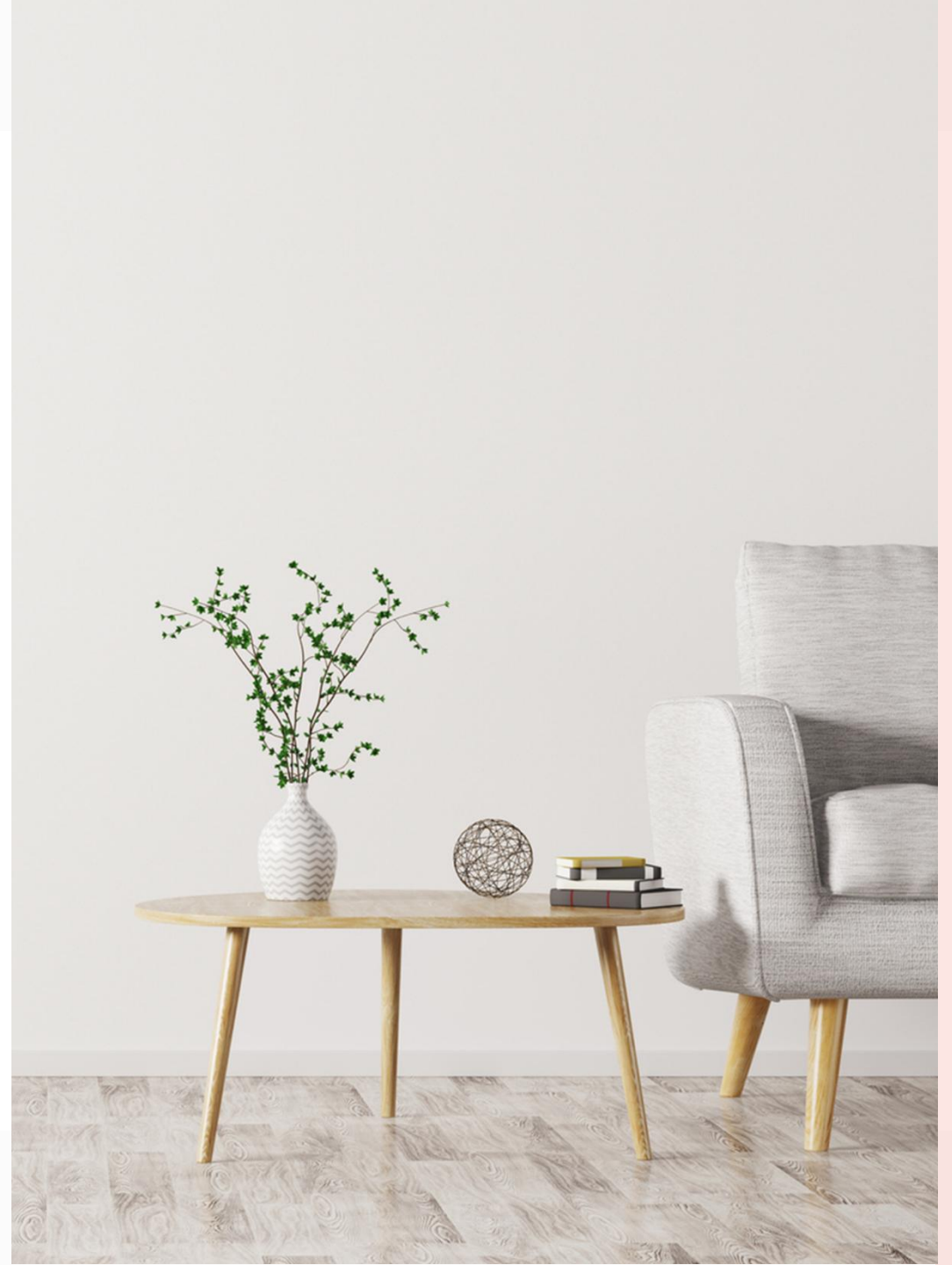
- Be aware of triggers to their personal safety
- Be aware of your own judgment, perceptions, attitudes
- Avoid interrogation methods- conversational approach with open-ended questions
- Maintain boundaries- how can you help them without the goal of rescuing
- Follow through on any promise you make
- Have the time available to listen to their story
- Commend them for being open

Trauma-informed responses continued

- Survivor has some control at the agency (breaks, water, seating placement)
- Be aware of religious and cultural lens of their situation
- Ask about privacy needs. The concept of open curtain vs closed curtain? Cracked open door?
- They need to know you are predictable and safe
- They don't want to have to tell their story over and over again, a warm hand-off to other service providers is helpful
- They need to hear you verbalize difficult statements, calm, direct speech

Trauma Treatment Phased Approach

- Phase 1: Safety and Stability (Victim)
- Phase 2: Skills Building (Survivor)
- Phase 3: Processing Trauma and Ongoing Recovery (Thriver)



Trauma Treatment Phase 1: Safety and Stabilization

- Success should be measured in “skills”, not in time
- Some clients may never move beyond Phase 1
- Short-term work can be productive
- Focus on acute concerns: mental health crisis, detox, residential treatment

Substance Abuse

- Fraud and debt bondage vulnerability to being trafficked
- Can be part of trafficker's means of coercing and incentive to remain in their trafficking situation
- Used by an individual who is experiencing trafficking as a mechanism for coping
- Used by an individual who has experienced human trafficking as a mechanism for coping
- Some traffickers recruit directly from substance use disorder treatment facilities

Trauma Treatment Phase 2: Skill Building

- Seeking Safety
- Skills Training in Affective & Interpersonal Regulation (STAIR)
- Present-Centered Therapy
- Mindfulness-Based Stress Reduction

Focus on Present-Centered Therapy (PCT)

PCT is designed to focus on current life, to help:

- Get a clearer picture and better understanding of problems and stressors
- Increase confidence and ability to deal with problems
- Feel more in control of their lives
- Feel more connected to others and less distress

The Flash Technique

- Evidenced-based therapeutic intervention
- Reducing the disturbance associated with traumatic or other distressing memories
- Flash Technique is minimally intrusive
- Process traumatic memories with minimum or no distress

The Flash Technique

- Process memories that would otherwise be intolerable or overwhelming
- Facilitates brief look-backs on the traumatic memory
- Maintains a positive engaging focus throughout the session
- Can bring emotional disturbances down quickly

The Flash Technique

- Preparation phase of Eye Movement Desensitization and Reprocessing (EMDR)
- Unresolved traumatic memories are responsible for most non-organic symptoms
- Painlessly reduce the disturbance associated with a target memory
- Can be used as an adjunctive intervention within multiple therapies

Complimentary & Integrative Health Practices

- Yoga, hot yoga, and trauma-informed yoga
- Equine therapy
- Expressive arts
- Acupuncture

Case example

- Food and shelter are stable
- Detox
- Medical exam
- Harm reduction approach



What skill-building practices would you recommend?

Trauma Treatment Phase 3: Processing Trauma and Ongoing Recovery

- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Cognitive Processing Therapy



Case example

- Abused and neglected as a young child and ran away
- Sought services at the homeless youth drop-in center
- Basic needs must be addressed first
- Food, shelter, detox, medical care, acute crisis, hospitalization
- Safety plan



The Power of Peer Support



Peer Support

- Survivor Peer Support services
- Individual or Group
- Help in the prevention of return to traffickers
- Can reduce shame
- Shared commonality and recovery resources



The Road to Recovery

As a result of the multiple traumas trafficking victims endure, the path to restoring wellness is often long and complex, requiring additional time and patience from mental health staff



Personal Reflections



A change in mindset

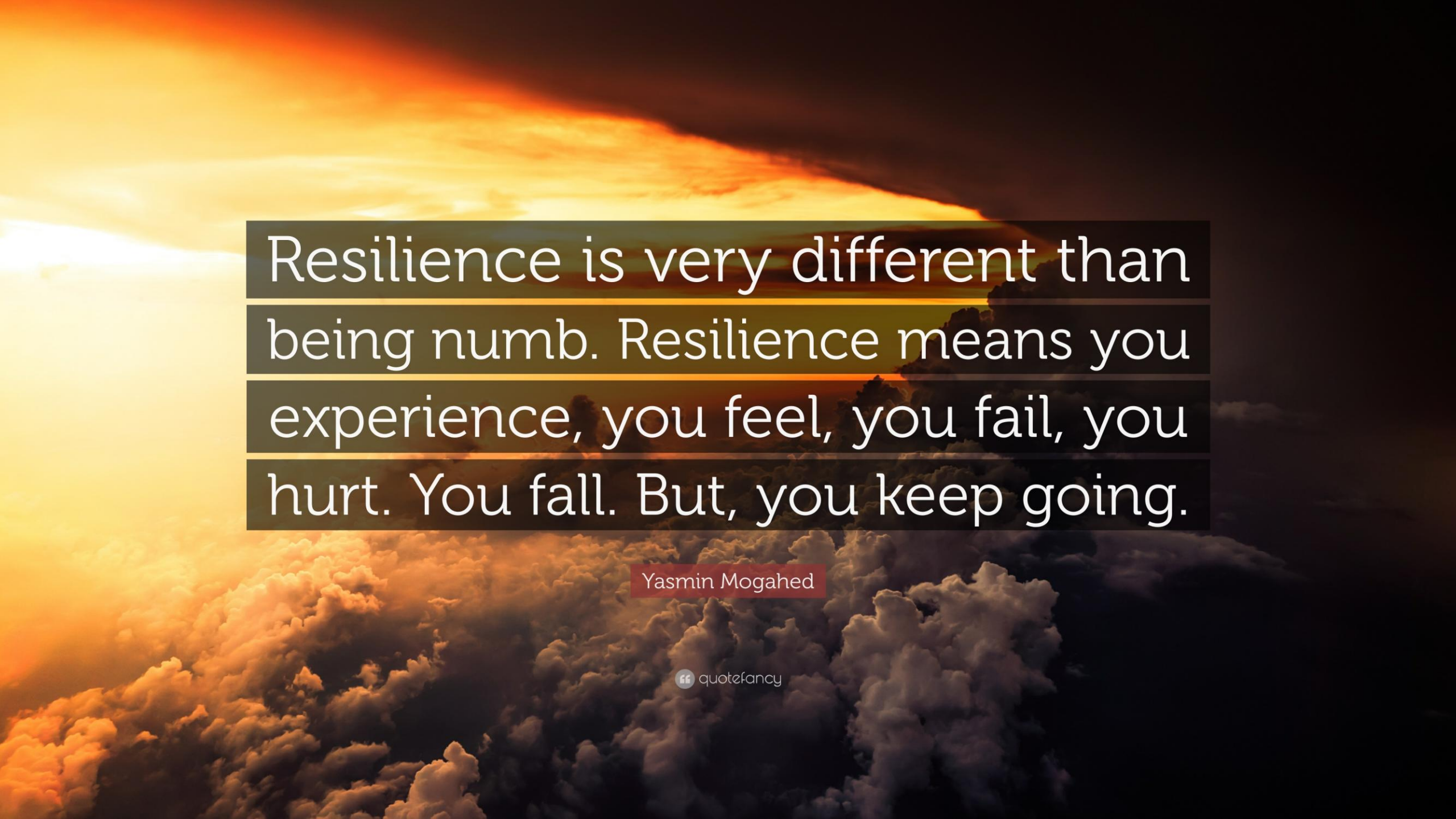


Forgive myself and release shame



Help others

*They may leave the life if
they see hope in their
future, YOU can be a
part of their future!*



Resilience is very different than being numb. Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.

Yasmin Mogahed

quote fancy

STAC Training and Education

Resources:

<https://surviveandthriveadvocacy.org/training-education-resources/>

Katie's STAC Podcast:

<https://surviveandthriveadvocacy.org/episode-8-katie-papke/>





Thank You

- For additional training, consultation, or therapy referrals:
- Katie Papke, LMSW, CAADC, CCHTVSP
- Email: KatiePapke@lifesupportllc.info
- Website: <https://lifesupportllc.info/katie-papke-lmsw-caadc/>
- Linked in: <https://www.linkedin.com/in/katie-papke-500172b4>

Sources

- Clawson, H., Salomon, A., & Goldblatt Grace, L. (2008). Treating the hidden wounds: Trauma treatment and mental health recovery for victims of human trafficking. U.S. Department of Health And Human Services, Office of The Assistant Secretary For Planning And Evaluation.
<https://aspe.hhs.gov/reports/treating-hidden-wounds-trauma-treatment-mental-health-recovery-victims-human-trafficking-0>
- Trauma and violence. (2024, May 29). What Is Trauma and the Effects? | SAMHSA.
<https://www.samhsa.gov/trauma-violence>

Resources

- [Trauma-Informed Care in Behavioral Health Services,](https://library.samhsa.gov/sites/default/files/sma14-4816.pdf)
<https://library.samhsa.gov/sites/default/files/sma14-4816.pdf>
- [Trauma-Informed Care Implementation Resource Center,](https://www.traumainformedcare.chcs.org/)
<https://www.traumainformedcare.chcs.org/>
- [The Institute on Trauma and Trauma-Informed Care,](https://www.traumainformedcare.chcs.org/)
<https://www.traumainformedcare.chcs.org/>
- [Trauma-Informed Care,](https://www.nctsn.org/trauma-informed-care) <https://www.nctsn.org/trauma-informed-care>
- [Trauma-Informed Care,](https://www.thenationalcouncil.org/our-work/consulting-services/consulting/) <https://www.thenationalcouncil.org/our-work/consulting-services/consulting/>
- [Human Trafficking Task Force,](https://www.ovcttac.gov/views/HowWeCanHelp/dspHumanTrafficking.cfm?nm=sfa&ns=ht)
<https://www.ovcttac.gov/views/HowWeCanHelp/dspHumanTrafficking.cfm?nm=sfa&ns=ht>

Resources

- [EMDR Basic Training - EMDR International Association \(emdria.org\)](https://www.emdria.org)
- [Cognitive Processing Therapy \(CPT\) 101 - PTSD: National Center for PTSD \(va.gov\)](https://www.ptsd.va.gov/professional/continuing_ed/cognitive_processing_therapy101.asp)
https://www.ptsd.va.gov/professional/continuing_ed/cognitive_processing_therapy101.asp
- <https://deploymentpsych.org/Present-Centered-Therapy-Archive>
- [Complementary & Integrative Health Practices:](https://www.ptsd.va.gov/professional/treat/txessentials/complementary_alternative_for_ptsd.asp#three_a)
https://www.ptsd.va.gov/professional/treat/txessentials/complementary_alternative_for_ptsd.asp#three_a

Resources

- Seeking Safety: <https://www.treatment-innovations.org/seeking-safety.html>
- Skills Training in Affective & Interpersonal Regulation (STAIR):
https://www.ptsd.va.gov/professional/continuing_ed/STAIR_online_training.asp
- Present-Centered Therapy:
https://www.ptsd.va.gov/professional/treat/txessentials/present_centered_therapy.asp
- Mindfulness-Based Stress Reduction: <https://mbsrtraining.com/>