

# Domestic Violence & Sex Trafficking: Similarities & Differences for Intervention

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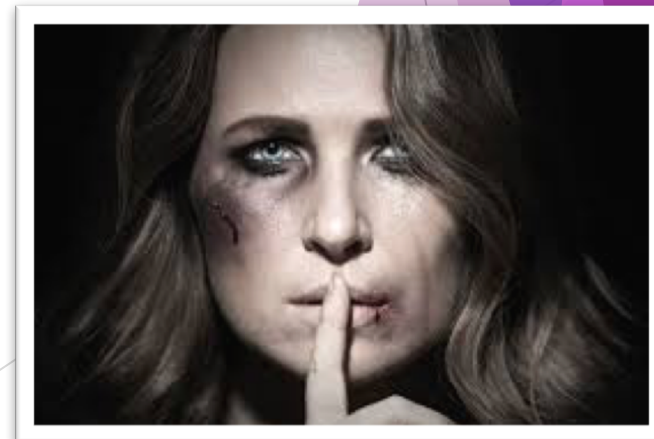
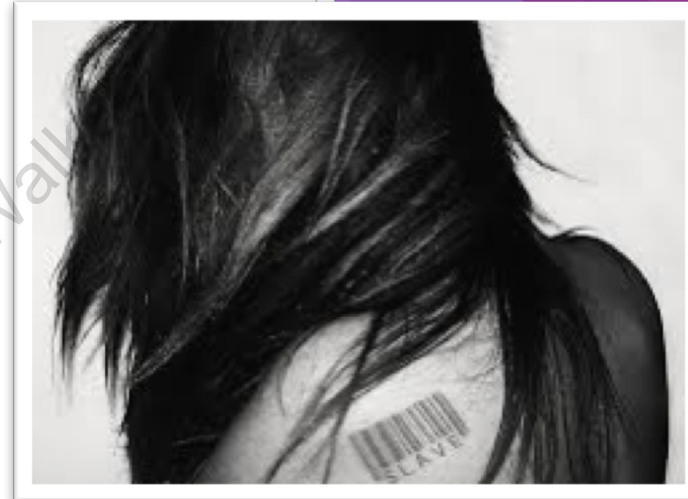
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# Domestic Violence and Sex Trafficking

- ▶ Many safety plans that have been developed for victims of domestic violence are used for victims of sex trafficking
  - ▶ In some aspects it is helpful for both victims but there differences in the needs
- ▶ Both invoke a loss of power and control in their victims
- ▶ Some victims of sex trafficking might not even consider themselves as victims. The same is true for those in domestic violence relationships.
- ▶ Sex trafficking victims often share this experience with others in the life but many are also isolated as are domestic violence victim/survivors.



# Who are the Survivors?

- ▶ In the U.S. mostly juveniles and young women for ST but all ages BW
- ▶ Smaller numbers of men known at this time
- ▶ Many ST victims grew up in DV homes
- ▶ ST are 'rescued' while BW are expected to rescue themselves.
- ▶ Around the world, rescues come at all ages
- ▶ Like battered women, many left their trafficker several times
- ▶ Like battered women, many are ambivalent
- ▶ ST like battered women, many both fear & love the abuser
- ▶ Most do not want to harm their abuser.
- ▶ Like battered women, many are dependent but cannot trust others to really help
- ▶ Like many battered women, many are more resilient than they believe they are
- ▶ Like many battered women, many can heal & move on
- ▶ Unlike many battered women, many were harmed by women as well as men
- ▶ SO, if you are a therapist or the client, hang on for a bumpy ride!

# Identifying Needs of Victims

- ▶ In order to create a culturally sensitive safety plan we need to identify the needs of the victim
  - ▶ Everyone is different
- ▶ Depending on their specific condition they might need long-term mental health treatment or even consideration of inpatient treatment facilities or BW shelters
- ▶ Assess for their main concerns including immigration, legal, or child centered issues
- ▶ Some of them may have been exposed to drugs and may have been drugged without their consent
- ▶ Others use drugs and other tension-relievers to self-medicate.
- ▶ Substance use, cutting behaviors (self injurious behaviors), & dissociation are important to assess and help clients find other ways to relieve pain.

# Basic Needs

- ▶ Access to emergency shelter or housing
- ▶ Food, clothing, and toiletries
- ▶ Interpretation or translation services
- ▶ Legal assistance and advocacy
- ▶ Medical and dental care
- ▶ Transportation assistance to get to legal, medical, and other appointments
- ▶ Immediate and ongoing advocacy to understand law enforcement roles and their own rights
- ▶ Assistance in developing and implementing a safety plan



# Victims' experiences

- ▶ Trafficked victims may have been kidnapped, starved, deprived of sleep, raped, tortured, beaten, forced to have children with their traffickers, forced to have abortions, and infected with HIV and sexually transmitted diseases. The abuse is usually extreme initially and may be lessened as the person is compliant with demands.
- ▶ Battered women are subjected to similar physical torture along with continued psychological and sometimes sexual abuse in their relationship. The abuse may begin more slowly, with psychological demands being used unless necessary to use force to get her to follow demands.
- ▶ As a result of their traumatic experiences, both DV & ST victims may have develop Post-Traumatic Stress Disorder, Battered Child & Women Syndromes, depression, anxiety, anger, irritability, substance abuse and dependency, and eating and sleeping disorders.

# Cycle of Violence

- ▶ A main tactic used by traffickers/pimps as well as domestic violence perpetrators to prey on victims is to institute a cycle of intimacy and violence; it is not unusual for a trafficker to first develop an intimate relationship with a targeted victim as a “boyfriend.”
- ▶ He begins the relationship with loving behavior lures that does not change to abuse until he is certain he has her.
- ▶ The trafficker uses the victim’s desire for affection to lock her into the relationship with him. So too for the DV perpetrator.
- ▶ The trafficker often manages more than one woman & will choose some victims as his surrogates, who maintain the other’s status quo and loyalties.

# PSYCHOLOGICAL PERSPECTIVES TO CHANGE SHAME INTO SURVIVAL

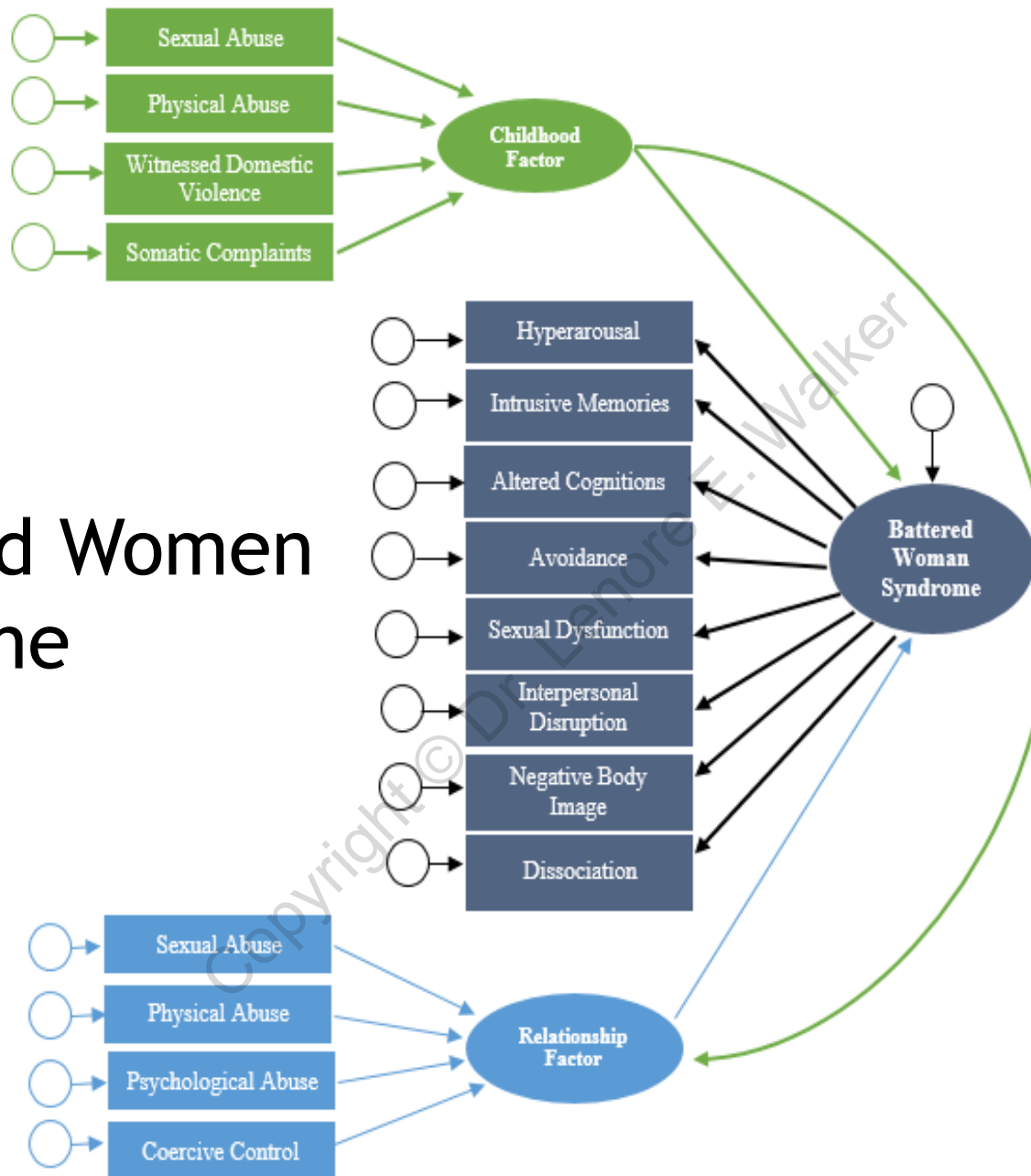
- ▶ Violation of Human Rights
- ▶ Violation of Civil Rights
- ▶ Impact on quality of life
  - ▶ Substance abuse to deal with trauma
  - ▶ Loss of education and/or career focus
- ▶ Potential for crime and incarceration
- ▶ Damage to health over a lifetime
- ▶ Specific psychological conditions
- ▶ Continuity to next generation



# MODEL FOR VICTIMS OF INTIMATE PARTNER VIOLENCE TO DEVELOP BWS?

- ▶ Model was developed from analysis of 250+ BWSQ volunteers gathered over 10 years
- ▶ Analysis was done using a variety of statistical methods to determine validity of the BWSQ with other standardized measures used to assess trauma.
- ▶ Question? Does this model hold up for victim/survivors of sex trafficking?
- ▶ Can sex traffickers be considered similar to batterers?
- ▶ What role does child abuse and domestic violence in survivors' homes play in development of psychological symptoms?

# Battered Women Syndrome



# Role of These Factors in Producing BWS

## ▶ Childhood Factors

- ▶ Sexual abuse
- ▶ Physical abuse
- ▶ Witnessing domestic violence
- ▶ Somatic complaints

## ▶ Relationship Factors

- ▶ Coercive control
- ▶ Physical abuse
- ▶ Sexual abuse
- ▶ Psychological Abuse

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# So What is BWS?

- ▶ BWS is the name given to the psychological effects from intimate partner abuse.
- ▶ Originally 7, now 8 factors
- ▶ 1. reexperiencing trauma
- ▶ 2. high arousal
- ▶ 3. high avoidance/depression
- ▶ 4. cognitive confusion
- ▶ 5. interpersonal disruption
- ▶ 6. body image & somatic problems
- ▶ 7. sexual difficulties
- ▶ 8. dissociation

# INTERVENTIONS

- ▶ Prevention
- ▶ Consultation
- ▶ Tertiary Level Interventions
- ▶ Out-Patient Psychotherapy

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# PREVENTION: Wedding Day!



# PREVENTION OF CHILD BRIDES

**248,000**

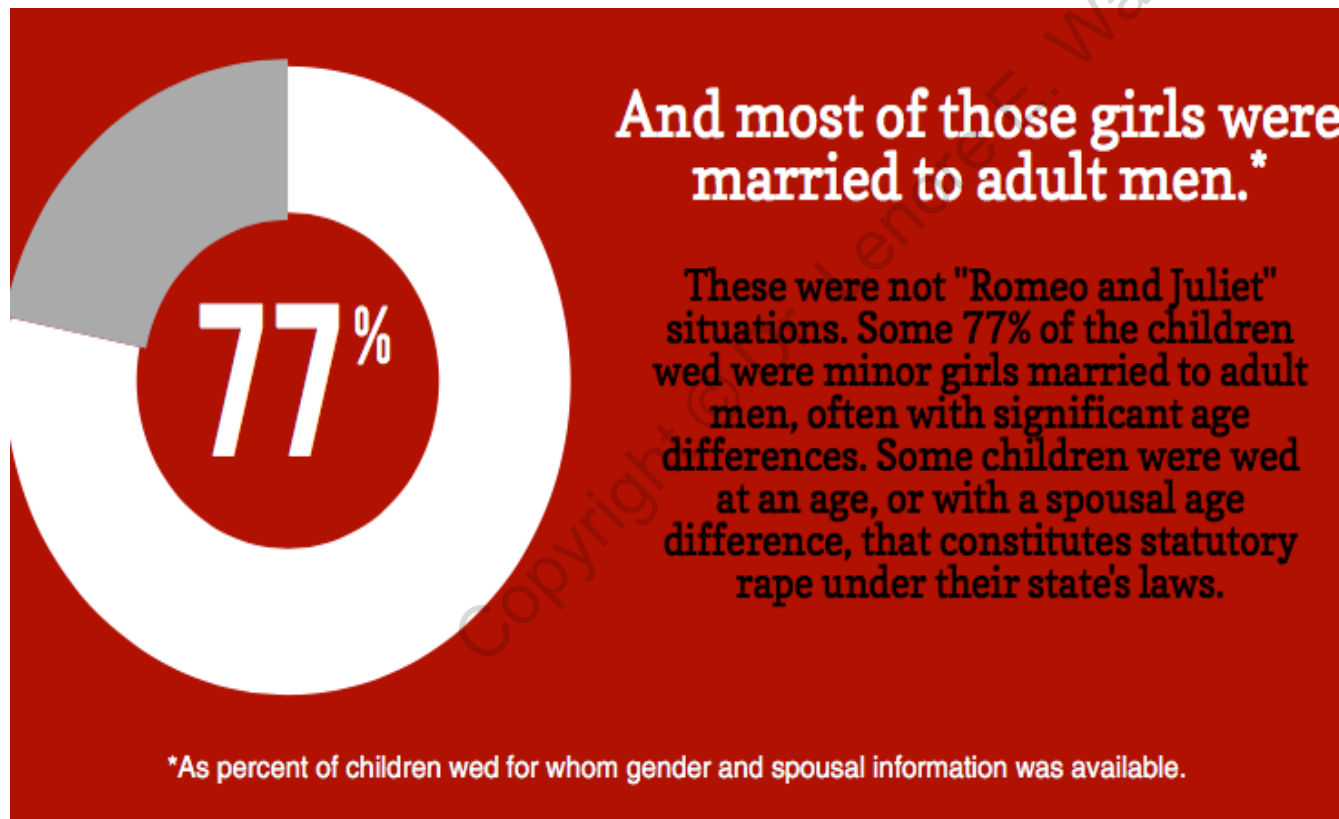
**Over 248,000 children at least as young as 15 were married in America between 2000 and 2009.**

Actual data from 38 states showed more than 167,000 children wed in that decade.

The other 12 states and Washington, DC, could not provide the data.

For them, Unchained estimated the number of children wed, based on the strong correlation Unchained identified between population and child marriage.

# PREVENTION OF CHILD BRIDES





# Why Prevent Child Marriage?

- ▶ 3X more likely to have been beaten by spouse
- ▶ 23% greater risk of disease onset
- ▶ Higher rates of STIs and early pregnancies
- ▶ Higher rates of death
- ▶ Increased risk of psychiatric disorders
- ▶ 50% more likely to drop out of high school
  - ▶ 4X less likely to complete college
- ▶ More likely to earn low wage and live in poverty
- ▶ Married teenage mothers less likely to return to school
- ▶ 70-80% chance of divorce

# CONSULTATION

- ▶ Understanding culture & gender issues
- ▶ Role of the family
  - ▶ Who controls what family issues? Children? Women's work at home?
- ▶ Role of women in a particular society
  - ▶ What are the written and unwritten rules?
  - ▶ Do women enforce men's power for their own safety and control?
  - ▶ What about the LGBT community?
- ▶ Where do women obtain their information about health care?
- ▶ Are girls permitted to be educated?
- ▶ Is there an alternative to marriage? Arranged marriages?
- ▶ Are women permitted to earn their own money?
- ▶ What is the role of mental health treatment in that society?
  - ▶ Are crisis workers accepted and how do they enter the country?
  - ▶ Can we have a role in training?
- ▶ How do families deal with domestic violence & shame?
  - ▶ Dowry deaths
  - ▶ Families killing woman for bringing shame
  - ▶ Families permitting multiple wives and children in one household

# Tertiary Level Programs

- ▶ Role of a SAFE Home similar to the Battered Woman Shelter?
- ▶ Mental Health Treatment in Community?
- ▶ Wrap Around Programs
- ▶ Hospitalization
  - ▶ Psychotic Behavior
  - ▶ Suicidal or Homicidal Behavior
  - ▶ Substance Abuse
- ▶ Incarceration
  - ▶ Criminal Behavior

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# TRAUMA & MENTAL HEALTH

## Assessing impact of trauma in different countries

- What is labeled as violence?
- Role of psychological abuse or maltreatment?
- Norms for psychological tests?

## Designing intervention plans in different countries

- What is the acceptance of psychological methods?
- Who delivers them? Trained MH workers? Shamen? Others?

## Public health models

- Prevention & early intervention
- Intervention with minor to moderate trauma
- Tertiary intervention
  - Hospitals
  - Battered Women Shelters and Safe Homes
  - Removal from country to safe place

# Role of Women as Abusers

- ▶ Child Abuse by Mothers
- ▶ Domestic Violence Perpetrators
- ▶ Women Gaining Power through Violence
- ▶ Women in Sex Trafficking ‘Stables’
  - ▶ More arrests of women
- ▶ Men still the ‘top’ of the hierarchies in gangs & organizations

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# Intervention Programs

## Psychotherapy

- Individual or Group
- Dealing with family oriented communities that prefer to save the family than protect individuals
- Relationship Oriented or Skill Building?
- Negotiating Goals
- Confidentiality Issues especially in small areas
- Preferences for same ethnic group therapists?

## Medication

## Forensic Issues

- What kinds of legal issues does she or he need to deal with?
- Are there immigration issues?
- Does she or he need to deal with criminal charges
- How are decisions around child access made?

# Goals of Trauma Therapy

Safety

Healing from PTSD

- Reduce Trauma Triggers
- Process Trauma Memories
- Recovery & Growth

Validation & Support

Empowerment

Cognitive Clarity

Emotional Stability

# TOPICS

Definitions of domestic violence, child abuse & trafficking

Escape Plans

Relaxation Training for anxiety

Learning who to Trust

Cognitive clarity & myths

Dealing with anger

Defining PTSD

Identifying own PTSD symptoms

Impact on Children

Emotional Re-regulation

Mindfulness

Alternatives to substance abuse and other self destructive behaviors

Assertiveness Training

Letting go of dreams

Reestablishing friendships & family relationships where possible

Building resilience



# WHAT IS STEP?

- ▶ A 12-unit tripartite manualized program with each unit standing on its own.
- ▶ Each unit can be broken into several sessions. Best if keep the tri-partite structure but not essential.
- ▶ Tripartite: psychoeducation, discussion/processing, and skill-building.
- ▶ Units are based on feminist and trauma theory using cognitive-behavioral and other techniques.
- ▶ Practice exercises are included for each new skill.
- ▶ Program has been validated on over 600 clients over a five year period.

# Modifying STEP for Survivors

- ▶ Trauma Specific Program based on working to support strengths
- ▶ Can be used as part of other interventions/therapy
- ▶ Move from identifying problem areas, healing trauma symptoms & moving to PTSD growth
- ▶ Has psychoeducational part for participants to learn to correct cognitive myths and misinformation
- ▶ Emotional processing part to regulate emotions
- ▶ Skill building intervention to learn new methods of dealing with stress, anxiety, & other symptoms
- ▶ Can be delivered in groups or individually
- ▶ Has a manual with information & forms that can be modified to fit the culture & situation
- ▶ Evidence-based data demonstrated program can be used in different settings, men or women, different populations with mental health issues, in correctional settings, in different countries, in different sized groups, & with each session itself being helpful.
- ▶ Dose-related - the more sessions attended, the better the results but even one is helpful. Order of sessions not important

# 12 STEP Units

1. Labeling, Validation of Abuse & Safety Planning
2. Reducing Stress & Relaxation Training
3. Cognitive Restructuring - Thinking, Feeling & Behavior
4. Assertiveness Training
5. Cycle of Violence & Battered Woman Syndrome
6. PTSD & Trauma Triggers
7. Substance Abuse & Other Self Destructive Behavior
8. Impact on Children
9. Emotional re-regulation
10. Grieving & Letting Go of Old Relationships & Building New Relationships
11. Legal Issues
12. Building Resilience & Well-Being

| Unit | Education   | Discussion   | Skill building                               |  |
|------|---|--|--|--|
| 1    | Labeling, Validation of Trauma or Abuse & Safety Planning | Definitions of violence  | Identification of violence                   | Violence checklist & safety planning                 |
| 2    | Reducing Stress & Relaxation Training                     | Definitions of stress & experiencing stress                    | Relaxation techniques                        | Deep breathing & progressive relaxation              |
| 3    | Cognitive Restructuring Thinking, Feeling & Behavior      | Definitions of stalking behavior & psychological threats       | Identification of negative thinking patterns | Neutralizing automatic thoughts                      |
| 4    | Assertiveness Training                                    | Definitions of passive, aggressive and assertive communication | Asking for what you want                     | Assertiveness inventory                              |
| 5    | Cycle of Violence & Battered Woman Syndrome               | Definitions of cycle of violence & battering                   | How to use time-outs                         | Identification of cycle of violence in relationships |
| 6    | PTSD, Substance Abuse, & Other Emotional Problems         | Definitions of PTSD, drug & alcohol use                        | Identification of PTSD symptoms              | Exercise on the effects of substance use             |

| Unit | Education  | Discussion  | Skill building                                  |   |
|------|--|---|---|---|
| 7    | Trauma Triggers  | Definitions of trauma triggers  | What to expect in trauma therapy                | Identification & reduction of trauma triggers       |
| 8    | Impact of Violence on Children   | Definitions of effects of violence on children                          | Rebuilding relationships with children          | Examining personal history of childhood & parenting |
| 9    | Emotional Re-regulation  | Definitions of self-esteem  | Learning to regulate emotions; building empathy | Self-esteem exercise                                |
| 10   | Grieving & Letting Go of Old Relationships                                       | Definitions of the 5 stages of grief                                    | Grieving relationship endings                   | Creating an ideal relationship                      |
| 11   | Interpersonal Relationships: Dealing with Pleasing Behaviors & Compliance Issues | Definitions of boundaries, healthy relationships, & communicating anger | How to build a healthy relationship             | What it Means to be a Woman exercise                |
| 12   | Legal Issues & Termination   | Definitions of domestic violence legal terminology                      | Ending the group process & next steps           | Incorporating growth & saying goodbyes              |

# PROMOTING RESILIENCE

- ▶ Positive attachment & emotional connections
- ▶ Development of cognitive & self-regulating abilities
- ▶ Positive beliefs about oneself
- ▶ Motivation to act effectively in one's environment
- ▶ Develop effective organizing strategies
- ▶ Degree of mastery & autonomy
- ▶ Creativity
- ▶ Spirituality
- ▶ Easy going disposition
- ▶ Positive temperament

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# STEP VALIDATION

- ▶ 1. Outcome of program is dose-related. That is, the more sessions/units attended, the lower the anxiety.
- ▶ 2. Outcomes measured indicated lower anxiety for all sessions except for unit 8 concerning children.
- ▶ 3. Outcomes were not site dependent nor facilitator dependent.
- ▶ 4. Assessment can be as complex as standardized psychological tests or as simple as SUDS levels pre and post sessions.

# OTHER PROGRAMS

- ▶ CHANCE MODEL for Adolescents (Citrus Health Center)
  - ▶ Special Foster Care Homes with
  - ▶ Outpatient Psychological Services
  - ▶ Inpatient Residential Care
  - ▶ Services
- Children in both the CHANCE STFC and Community Response tracks are assigned the following upon entering the program:
  - **An Individual Therapist:** 2-5 times per week based on clinical necessity, on call 24/7
  - **A Family Therapist:** available when necessary
  - **A Life Coach:** 24 hour support, assistance and advocacy from a CSEC survivor
  - **Group Therapy:** Psycho-educational groups for CSEC survivors-16 week manualized curriculum
  - **A Targeted Case Manager**
  - **Certified Behavioral Analyst Services:** as clinically indicated



# CRITIQUE OF PROGRAMS

- ▶ Do the PTSD/BWS symptoms appear similarly in different cultures?
  - ▶ Tanzinian tribe women marry each other & own property
  - ▶ Refugee children need to keep moving
  - ▶ Cambodian women idiopathic blindness
  - ▶ How do you get survivors in touch with their emotions?
  - ▶ Cognitive based interventions help get beyond emotions.
- ▶ Do victims/survivors talk in peer groups?
- ▶ Is psychotherapy appropriate in some cultures?
- ▶ Are the legal issues similar in different countries?
- ▶ What is needed for the person to remain in her ethnic/cultural group?
  - ▶ Alaska natives needing tribal chief permission

# Can You Catch Violence?

- ▶ Compassion Fatigue refers to the negative effects from the continued exposure from working with traumatized clients.
- ▶ Changes in behavioral, emotional, & cognitive responses that may impair clinical ability.
- ▶ Connections to burnout, secondary trauma, & vicarious trauma
- ▶ Overtime can develop depression & anxiety disorders

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# What Can Be Done?

- ▶ **SELF - CARE that is**
- ▶ Specific
- ▶ M Measurable
- ▶ A Attainable
- ▶ R Realistic
- ▶ T Time-Based

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