



# PROMISING PRACTICES

AN OVERVIEW OF TRAUMA-INFORMED THERAPEUTIC  
SUPPORT FOR SURVIVORS OF HUMAN TRAFFICKING

A REPORT FROM



NOVEMBER 2015

## ABOUT POLARIS

Polaris is a leader in the global fight to eradicate modern slavery. Named after the North Star that guided slaves to freedom in the U.S., Polaris acts as a catalyst to systemically disrupt the human trafficking networks that rob human beings of their lives and their freedom. By working with government leaders, the world's leading technology corporations, and local partners, Polaris equips communities to identify, report, and prevent human trafficking. Our comprehensive model puts victims at the center of what we do — helping survivors restore their freedom, preventing more victims, and leveraging data and technology to pursue traffickers wherever they operate.

## ABOUT SANAR

The Sanar Wellness Institute provides transformational healing services for survivors of gender-based violence including human trafficking, intimate partner violence, and sexual assault. Sanar, meaning to heal in Spanish, supports survivors in processing trauma through long-term therapeutic and trauma-informed wellness services that foster resiliency and assist individuals in building a life of their choosing.



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**TO GET HELP, REPORT A TIP, OR REQUEST INFORMATION OR TRAINING, CALL THE NATIONAL HUMAN TRAFFICKING RESOURCE CENTER AT 1-888-373-7888 OR SEND A TEXT TO BEFREE (233733).**



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Individuals that have experienced human trafficking are often left alone to manage the wounds of trauma without any sort of roadmap towards healing. Over the past five years, Polaris **New Jersey** has worked to identify, and implement, therapeutic support which can supplement and enrich individual psychotherapy, case management sessions, and group interventions. These therapeutic supports have been reported by survivors as important components in fostering resilience, processing trauma, and reconnecting with their bodies after experiencing violence. We hope that other providers and practitioners find these practices helpful as they assist survivors on their unique journeys towards healing.

To protect the identify of the clients we serve, all names of clients have been changed in this report.

# OVERVIEW OF THERAPEUTIC SUPPORT INTERVENTIONS

## HISTORY OF POLARIS SURVIVOR SERVICES

Polaris began providing comprehensive services for survivors of all forms of human trafficking in 2002. Services offered through Polaris’ direct client programs have included: comprehensive case management; transportation assistance; material support; legal assistance; housing services and referral coordination; medical advocacy; life skills and job readiness programs; educational and employment assistance; individual and group therapy; and empowerment and enrichment programs. Since 2002, Polaris services have supported over 800 survivors from diverse backgrounds including: foreign nationals and United States citizens; males, females, and gender non-conforming individuals; and adults and minors.

## OBJECTIVES

This report provides an overview of promising therapeutic support that can be used to enhance individual and group intervention for survivors of all forms of human trafficking.

Over the past five years, the Polaris New Jersey (NJ) office has implemented trauma-informed therapeutic support with two key objectives in mind:

1. Support survivors of all forms of human trafficking in processing trauma
2. Support survivors of all forms of human trafficking in fostering resiliency

Many Polaris NJ clients have experienced complex trauma in situations of both sex and labor trafficking. Survivors have reported symptoms consistent with Post Traumatic Stress Disorder (PTSD), anxiety, dissociation, and depression. Upon exiting trafficking situations, clients have also reported a sense of hopelessness, feelings of shame, and a disconnection from their bodies as a result of the complex trauma they experienced. Polaris began integrating sensory-based therapeutic support to engage survivors in processing these trauma-related symptoms and were able to identify successful strategies that proved to be critical tools in beginning the rebuilding process.

Staff worked, in consultation with clinical consultants, to identify and integrate sensory-based therapeutic supports that allow survivors to reconnect with their bodies after experiencing trauma. Many of these supports have already been utilized with survivors of other forms of trauma and promising research developments have been established within allied victim services fields.

### CLIENT DEMOGRAPHIC AND PROGRAM OVERVIEW AT POLARIS NEW JERSEY: 2010-2015

TOTAL NUMBER OF CLIENTS SERVED	252
Survivors of Sex Trafficking	75%
Survivors of Labor Trafficking	24%
Survivors of Sex and Labor Trafficking	1%
Male Survivors	9%
Female Survivors	89%
Trans Female Survivors	2%
United States Citizen Survivors	45%
Foreign National Survivors	55%
INDIVIDUAL THERAPY SESSIONS	227
THERAPEUTIC GROUPS	418



Our team implemented the following trauma-informed therapeutic supports:

- **Therapeutic/Restorative Yoga**
- **Expressive Arts Therapy**
- **Mindfulness and Sensory-Based Practices**
  - Breathing Techniques
  - Aromatherapy
  - Animal Assisted Therapy
  - Mindfulness

### IMPLEMENTATION

Many of the above mentioned therapeutic modalities have been provided to both individuals and groups in the Polaris NJ office since August, 2010. All services were offered free of charge and all efforts were made to provide ongoing transportation assistance to clients engaged in therapeutic support activities. Clients were given the opportunity to participate in therapeutic support groups, in addition to electing the type of therapeutic supports they would like incorporated into individual counseling sessions. All therapeutic supports were added into the individualized support plan of clients as supplemental tools to assist the client in processing trauma and reconnecting with their body. All services were offered on a voluntary basis and were offered weekly.

Therapeutic supports were included in the individual support plans of the following types of clients: survivors of sex and labor trafficking; male, female and gender-nonconforming clients; and U.S. citizens and foreign nationals. Clients participating in services ranged from twelve to 54 years of age.

### LIMITATIONS

This report is an important first step in identifying promising therapeutic supports that enrich meaningful psychotherapy interventions for survivors of human trafficking. The findings in this report are not the product of rigorous scientific research. A formalized study that controls for confounding variables, implements a control and intervention group, and institutes consistent evaluation protocols is needed to further assess the impact of these modalities with survivors of all forms of human trafficking.

Clients requested a variety of therapeutic supports and, in many instances the modalities intersected with one another; therefore correlations between specific therapeutic support modalities and symptom reduction are difficult to determine. Clients often received a blend of interventions in a single session including mindfulness, breath work, yoga, and psychotherapy modalities such as trauma-focused Cognitive Behavioral Therapy.



*Mindfulness and sensory-based interventions were incorporated into individual and group client sessions including: aromatherapy; animal assisted therapy; and breathing techniques.*

# PROMISING THERAPEUTIC SUPPORT MODALITIES

The identified promising therapeutic support modalities were utilized to assist Polaris NJ clients' in processing trauma and reconnecting with their bodies. Our findings aim to assist social workers, clinicians, mental health counselors, and victims service providers in enriching their existing services and increasing trauma-informed supports for survivors of human trafficking.

## THERAPEUTIC/RESTORATIVE YOGA

### Modality Overview

Therapeutic and restorative yoga are promising practices that can be used with clients in a group setting or in conjunction with individual counselling sessions. Therapeutic Yoga is a blend of restorative yoga, gentle yoga postures, deep breathing, positive affirmations, and guided visualization techniques combined for balancing the body in a gentle manner.<sup>1</sup> Restorative yoga is the practice of relaxation, where yoga poses are often held for 5-15 minutes each. During restorative yoga posture, the body is fully supported in each pose by blankets, blocks, and yoga bolsters, which promotes safety, comfort, and increased body-awareness. Restorative yoga has been recognized for its ability to relieve stress and anxiety, boost immune function, and help people heal from illness and trauma.<sup>2</sup> Through yoga, clients learn skills to emotionally self-regulate, and restore balance within the body, allowing relaxation to occur. Research suggests that the development of self-soothing and relaxation techniques in conjunction with psychotherapy, can address the physiological, cognitive, and emotional symptoms associated with trauma.<sup>3</sup>

Restorative yoga has also been shown to increase self-awareness—in and out of stressful situations. The ability to regulate the autonomic nervous system, and calm the flight or fight responses to internal and external stimuli increases with the practice of restorative yoga. Both the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury and the Trauma Center have cited research on the benefits of yoga for PTSD symptoms, as long as the practice is trauma-sensitive.<sup>4</sup>

Creating a yoga practice geared toward working with survivors of trauma requires creating a safe environment where clients can feel calm and open to express any emotions that may arise during the practice. The yoga poses should focus on restorative wellness as opposed to physical agility and the yoga facilitators should be trained in leading yoga classes with survivors of trauma. The instructor should be specially trained to create yoga sequences that are grounding and help clients to focus on meditation. Additionally, instructors should provide verbal guidance, using language that is inviting and encouraging.<sup>5</sup>

### Outcomes

Clients participating in trauma-sensitive yoga have reported an increase in characteristics consistent with resiliency, such as hope and increased self-awareness, and have seen a decrease in trauma-related symptoms, including anxiety and dissociation. Clients who participated in group sessions, normally lasting one hour and fifteen minutes in duration, have consistently reported a significant reduction in symptoms associated with anxiety and depression through verbal and scale-based evaluation tools. The clinical scales utilized to assess the outcome measures are outlined in the resources section of this report. Often, these symptoms were substantively reduced upon completion of a single session of trauma-sensitive restorative yoga. Clients who participated regularly in group interventions asserted that they were able to feel fully present in their bodies with a sense of safety and increased wellbeing. They also reported the integration of breath work and other relaxation techniques to reduce anxiety and PTSD-related symptoms in their daily lives.

### Challenges

The successful implementation of trauma-sensitive yoga requires the use of props and equipment including: yoga mats; blankets; bolsters; straps; and blocks. Clients often did not have access to these items outside of the Polaris office, which limited their ability to maintain some of the practice at home. Clients also struggled to attend individual and group sessions



## CASE VIGNETTE

Victoria was forced to engage in commercial sex at a brothel where she was unable to leave her room for weeks at a time. While in her situation, Victoria began dissociating; her mind, and body awareness, was no longer in the room where the abuse was taking place, but instead she would think of playing with her daughter in her country of origin on the beach. Disconnecting from the present moment helped her escape the reality of the abuse and exploitation she was experiencing. Once Victoria exited the trafficking situation, she found that she was

frequently dissociating, and that she was not able to connect with the sensations in her body or remember things that had just occurred.

When Victoria started counseling at Polaris NJ she stated that the disassociation symptoms were impacting her ability to get a job, to remember addresses, and to keep important appointments. She would find herself lost in her mind and felt as if she was not connected to her body.

Victoria started participating in individual restorative yoga sessions with an emphasis

on building mindfulness skills. She began learning deep breathing techniques and restorative yoga poses that encouraged her to feel safe in her body for the first time in over five years. After participating in an eight week series, Victoria reported feeling that her mind and her body were connecting and that she finally enjoyed being present in her own body. Victoria was able to get a part-time job where she needed to remember codes and merchandise. She found herself excelling in the position, and Victoria was so successful that she was offered a full-time job.

consistently. The stress reduction and self-regulation benefits of yoga are cumulative in nature, and these benefits were therefore reduced for clients who missed sessions regularly.

### Practical Tips and Recommendations

Modified versions of the poses and yoga practice can be provided for clients who express interest in practicing yoga outside of the office with minimal use of props.

The inclusion of guided breath work and aromatherapy in sessions can facilitate further benefits for clients. The New Jersey office frequently utilized progressive relaxation and visualization techniques to support survivors in relaxing, focusing on their breath and encouraging them to feel safe in their bodies. This can be given to clients in written or recorded form to integrate between sessions. The recording can be a useful transitional object and at-home tool for clients participating in mindfulness techniques. This can be especially beneficial for clients that have built a strong working relationship with their counselor and have started to integrate therapeutic interventions into their daily lives.

## EXPRESSIVE ARTS THERAPY

### Modality Overview

Expressive arts therapy is a multimodal approach to processing trauma that incorporates: art; music; drama; dance/movement; poetry/creative writing; and play. An integrative approach,

where various types of art are combined, is often utilized in treatment.

Expressive arts therapy can be used with individuals of all ages and cognitive development. During sessions, clients are encouraged to explore their responses, insights, and reactions through pictures and sounds. Expressive arts therapy sessions can take place alongside psychotherapy, or on its own, and individuals are not required to have artistic talent or ability to benefit from the intervention.<sup>6</sup>

When using this intervention with clients, there are four areas of expected therapeutic impact: expression, imagination, active participation, and mind-body connection. Incorporating expressive arts therapy alongside talk therapy helps to acknowledge that each client's process is unique; placing the emphasis not on the final product but on the process of creation. It is important to consider the strengths, timing, and readiness of the client when implementing expressive arts to ensure it is an appropriate and desired intervention.<sup>7</sup>

### Outcomes

Clients reported high satisfaction rates with the expressive arts workshops and its incorporation into individual sessions. Clients that presented with high levels of anxiety and reported feelings of being self-conscious in social situations were better able to build a sense of community with other survivors and facilitators after participating in the expressive arts groups.



*During expressive arts therapy sessions, clients are encouraged to explore their responses, insights, and reactions through pictures and sounds.*

Some clients reported recreating the arts and crafts projects at home and implementing the skills they learned with their children or other family members. The expressive arts interventions proved to be a great tool for clients to share experiences they felt were important and allowed clients to express themselves creatively while minimizing the sensation of feeling exposed and stigmatized. Most clients reported reduction in anxiety upon completion of expressive arts groups. Clients shared an increased ability to focus, as they concentrated their attention on creation and they were able to process past traumatic experiences. Other clients reported feeling a sense of satisfaction and a feeling that they were “good at something”, whether it was making a decoupage jewelry box or recording a song they wrote. This helped to increase self-esteem and feelings of self-worth, while strengthening a sense of connection with others. Clients engaging in art-based therapeutic and empowerment groups participated in pre and post-tests to assess the impact of the intervention.

### **Challenges**

Some clients may be triggered by certain movements or expressive arts activities that have a past association with their trafficking situation. Clients should not be asked to share beyond their level of comfort. Guest teachers should ensure that modalities are comfortable for all clients and be open to changing the activity if it is triggering for clients. Some clients might benefit from individual expressive arts activities with their counselor, while others might connect more with the group experience. As each individual will have their own history of trauma and artistic preferences, some clients might feel vulnerable and exposed by dance, acting or singing and might prefer engaging with crafts or visual arts. An effective facilitator needs to be in tune with all the group clients to ensure an activity is appropriate and effective.

### **Practical Tips and Recommendations**

The need to facilitate expressive arts through a trauma-informed lens that stresses the value of the creative process was





an essential part of successful interventions. Having trauma-centered practitioners and facilitators lead the various group and individual art sessions was important, as clients must feel safe that they will not be judged or forced to participate in any modality that makes them feel uncomfortable.

Utilizing local teaching artists with a trauma background can help to supplement agency capacity and/or diversify your expressive arts programming. When selecting teaching artists, ensure they are trained on any relevant agency policies and trauma-informed services.

If you are implementing expressive arts work with existing agency staff, remember that flexibility is important in creating a safe space for clients to share and feel comfortable participating. Anticipate that some clients may feel more comfortable observing and not directly participating in groups. Creating a structure in which facilitators check in with clients before and after sessions to evaluate comfort level, engagement, satisfaction and symptoms allows programs to meet the individual needs of clients. Lastly, remind clients that no prior artistic training is necessary to participate in expressive arts therapy groups.

## MINDFULNESS AND SENSORY-BASED INTERVENTIONS

### Modality Overview

Mindfulness and sensory-based interventions were incorporated into individual and group sessions including: aromatherapy;

animal assisted therapy; and breathing techniques. Polaris NJ counseling sessions often started with combined breathing techniques and aromatherapy with lavender essential oil. This process supported clients in grounding in their bodies and helped them to feel more centered during counseling sessions. Polaris, NJ staff also utilized breathing techniques to assist clients experiencing dissociative symptoms during counseling sessions.

### Breathing Techniques

Breath work is a practice in which a conscious control of one's breathing is used to influence emotional, mental, and physical state. Breath work can focus on stand-alone breathing techniques or broader breathing practices integrated into gentle movement styles like yoga, tai chi, and qigong. Breath work has been shown to reduce tension and stress, and promote relaxation. Since breathing techniques require an individual to focus their attention on the breath, it allows the mind to more easily release distressing thoughts and emotions.<sup>8</sup> Breath work allows an individual to focus on the current moment and clear the mind.

The way that one breathes affects the whole body and when an individual is panicked or experiencing stress, their breath is short and shallow, which restricts oxygen flow to the brain, tensing muscles. Research shows that when individuals' consciously influence their breathing they positively influence their self-soothing mechanisms and nervous system resulting in tension relief and stress reduction.<sup>9</sup>

## CASE VIGNETTE

Before coming to the United States, Sandra was a painter in Cambodia. She loved making silk paintings and ceramics. After she was trafficked by a close family friend, Sandra lost her desire to make art, as her depressive symptoms often made her lethargic, weak and hopeless. Sandra was referred to Polaris NJ through a community member and was encouraged to join the expressive arts group.

When Sandra started participating in the group she was shy and nervous. The group facilitator encouraged each group participant to introduce themselves to the group and to share why he or she liked making art. When it was Sandra's turn, she shared that creating art was a tradition that had been passed down from the elders in her family and that when she would paint she was able to allow her imagination to flow and felt relaxed in her

body. Sandra continued to participate in the ten-week course and made various art projects. She reported feeling a sense of purpose in her life again that left her feeling calm and centered after the group. After the workshops concluded, Sandra was inspired to continue creating, and began to make art at home with her children. Sandra continues to use art as her favorite form of expression in which she can be as imaginative as her mind allows.

## Aromatherapy

Aromatherapy is an actively growing alternative medicine that utilizes essential oils. Aromatherapy encourages the healing process largely through relaxation, breathing techniques, and sensory engagement that results in a reduction of anxiety and stress-related symptoms. Aromatherapy is used by nurses and doctors for patients with stress-related disorders for additional support or who have not responded to conventional medicines.<sup>10</sup>

Some experts believe our sense of smell may play a role in stress reduction. The “smell” receptors in your nose communicate with parts of the brain (the amygdala and hippocampus) that serve as storehouses for emotions and memories. When you breathe in essential oil molecules, some researchers believe they stimulate these parts of your brain and influence physical, emotional, and mental health. For example, lavender has been shown to stimulate the activity of brain cells in the amygdala similar to the way some sedative medications work.

## Animal-Assisted Therapy

Animal-Assisted Therapy (AAT) is defined as a goal-directed intervention in which an animal, that meets specific criteria, is a vital part of the treatment process.<sup>11</sup> The goal of AAT is to improve a client’s social, emotional, or cognitive functioning. Many different animals have been used in AAT, including domestic pets, farm animals, and marine mammals and AAT has been implemented in a variety of settings. AAT has been used to help reduce anxiety and depression, increase self-esteem, improve social interactions with others, increase focus and attention, and improve mental health and wellbeing.<sup>12</sup> In a therapeutic setting, AAT can help a client feel at ease and safe. AAT can also provide stability for the client in the session, creating a safe space to confront trauma, emotions, and trauma-triggering experiences such as memories of their trafficking situation. A counselor, case manager, or other practitioner who offers access to a therapy pet may be viewed as less threatening, thus strengthening the therapeutic alliance. AAT has also been shown to increase motivation, as individuals who may have



*Clients who regularly participated in therapeutic yoga interventions asserted that they were able to feel more fully present in their bodies with a sense of safety and increased well being.*



initially not engaged in therapy have reported a willingness to participate when they knew animals would be there.<sup>13</sup>

### Mindfulness

Mindfulness is described in psychological literature as an intentional and non-judgmental awareness of the present moment. Mindfulness means that each thought, feeling, or sensation is acknowledged and accepted without judgement.<sup>14</sup> In mindfulness-based interventions (MBI), clients are taught mindfulness skills like “choiceless awareness”, which encourages individuals to consciously note sensations, emotions, or thoughts as they come and go from moment to moment without reacting or ruminating. These skills help clients focus their attention on their experience in the present moment in a nonjudgmental or accepting manner, rather than engaging thoughts about the past or future. This nonjudgmental stance helps to enable positive cognitive changes, including desensitization, decreased contemplation about traumatic events, and a reduction of stress related symptoms. In a study done with child abuse survivors with PTSD and depressive symptoms and a study done with women of low-income status with a chronic trauma history, there was significant reduction in PTSD symptoms when mindfulness-based interventions were used.<sup>15</sup>

Mindfulness-Based Stress Reduction (MBSR) is a form of psychoeducational training that is designed to reduce stress and anxiety symptoms, negative mood-related feelings, and depression symptoms while increasing self-esteem and overall mental health/ functioning. MBSR is a structured, manual-driven 10-session program delivered in a group setting over 8 weeks that incorporates different meditation practices, primarily mindfulness meditation, body scans, and gentle yoga.

### Modality Outcomes

Polaris NJ intentionally cultivated a sensory-based office space that engaged clients when they walked through the doors. Clients were provided with their choice of herbal tea, and aromatherapy diffusers were spread throughout the space. Clients reported positive associations with the office location and a feeling of safety and grounding.

Mindfulness and sensory-based interventions were incorporated into individual and group sessions including: aromatherapy; animal assisted therapy; and breathing techniques. Polaris NJ counseling sessions often started with combined breathing techniques and aromatherapy with essential lavender oil. This

grounded the clients into their bodies and helped them to center during counseling sessions.

Staff also utilized breathing techniques to assist clients experiencing dissociative symptoms during counseling sessions. Clients reported lower symptoms of stress and anxiety after receiving these sensory-based interventions. In addition, clients often requested a therapy animal in their counseling and group sessions. Clients reported the presence of the small dog allowed them to feel calm and created a feeling of trust within the office space. Some clients even elected Polaris as a service agency solely based on the opportunity to access animal assisted therapy. Clients have reported that being in this type of environment made them feel calm and included. When they are greeted by the therapy dog, friendly staff and feel welcomed to sit down have a cup of tea and relax in a safe environment; the agency becomes a safe haven for them to heal from their trauma.

### Challenges

During the intake process with a new client it was important to review allergies to scents, animals, and medical or health concerns. While the New Jersey animal assisted therapy services were highly requested by some clients, it was important to check with new participants to ensure the animal was not triggering or that cultural bias to the therapy dog was not present.

Costs associated with these practices can also be limiting, purchasing therapeutic grade 100% pure essential oils can be very expensive.

### Practical Tips and Recommendations

The oils used in aromatherapy can be very strong, therefore making sure clients do not touch their eyes or mouth with the oil is very important as it can be irritating in these areas. Also, most oils need to be diluted with a carrier oil before being applied to the skin. If a facilitator is not trained or experienced with aromatherapy simply using the diffuser is a better option as this avoids skin contact and the oil is diluted in the environment. Lavender essential oil is standard, gentle oil that facilitates stress reduction. Utilizing a consistent scent can also help clients associate the aroma with a safe environment and feel grounded upon entering the space.

Education was an important part of introducing mindfulness-based practices for clients, especially if they had no prior experience. Facilitators and mental health professionals interested

## CASE VIGNETTE

Beatriz is a survivor of domestic servitude and endured high levels of physical violence and neglect throughout her childhood and during her trafficking situation.

She was referred to Polaris NJ for counseling services and reported high levels of generalized anxiety and stress. When Beatriz exited the trafficking situation she was having difficulty sleeping, and she often felt a heightened sense of awareness of her surroundings that was accompanied by feelings of anxiety.

In her individual sessions, Beatriz started working on breathing techniques with the assistance of pure essential lavender oil.

Her counselor would place one drop of oil on her hands to then rub together, creating a heating sensation in her palms. Beatriz would then place her hands gently in front of her face and inhale deeply as she began to ground herself in calming breath work.

Beatriz began to associate the scent of lavender oil with tranquility and with the calmness she experienced during therapy. She was able to utilize lavender to self-soothe in other locations with this learned relaxation skill.

Beatriz also practiced mindfulness awareness exercises in her sessions. She learned to notice her feet touching the floor,

feel her back on the chair, and take note of the emotions and sensations that came up in her body. She practiced these mindfulness techniques in her counseling sessions and began implementing them throughout her day. Beatriz began to feel calmer in her body and environment and shared that she felt a significant reduction in her anxiety-related symptoms. Beatriz recalled sitting at a local park and noticing kids playing in the playground, she could describe the color of their footballs, the sounds of their laughter and the sensation of the wind on her arms. She described, that for the first time in many years, she felt present and safe in her body.

in these techniques can integrate these practices as self-care techniques. These holistic modalities are being utilized in the mental health field more frequently, and research on these topics is updated often. Remember to be present with the client and aware of what might be triggered based on each therapeutic support modality. Each client will need a unique treatment intervention, recognizing that one participant may do really well with one technique and another might be triggered by that modality.

When clients are using these supports at home, they can be provided with handouts on relaxation techniques, mindfulness meditations, and natural calming remedies such as drinking chamomile tea. The practitioner should suggest exercises that are easily replicated as coping tools to be used at their disposal. Clients are the experts of their own bodies and we want to empower them to build that awareness.

It is important to have the clients sign a waiver for physical activities such as yoga or meditation practices that may include physical movement. Breathing exercises should be gentle and if clients are breathing too deeply and rapidly it is important to slow down the process so that they are gradually conditioning their body to these new relaxation exercises.

## CONCLUSIONS

The applied therapeutic support interventions have resulted in survivors reporting an increase in characteristics positively correlated with resiliency and a reduction in symptoms associated with PTSD. Clients have expressed lower levels of stress, increased self-regulation and strengthened life skills. These gentle and accessible supports can be added to existing counseling, case management, and group interventions within diverse social service agencies to provide a trauma-informed environment. We encourage the integration of interventions that are a natural fit within your agency to further enrich existing support and therapy for survivors of all forms of human trafficking.



# APPENDIX:

## RESOURCES

### MBSR Free Online Training

MBSR training course is a free online course and is modeled on the MBSR program founded by Jon Kabat-Zinn at the University of Massachusetts Medical School. This self-guided course begins with an Introduction designed to give you a sense of mindfulness and an idea of how this course is structured. For each of the eight weeks, videos, readings and practices help you build a base of both knowledge and experience. MBSR “At a Glance” provides a brief outline of the MBSR course.<sup>16</sup> When the course is completed the practitioner is able to request a certification of completion.

### Animal Assisted Therapy

To become certified in Animal Assisted Therapy, the handler or owner take a course where they learn how to guide the animal in therapy sessions, the screening of the health of the animal, a test where the animal and handler’s skills are checked in a therapy setting, and finally the submission of the registration application. There are numerous certificate and degree programs throughout the country.

### Expressive Arts Counselor

To be a creative arts counselor, it requires a master’s degree in counseling with a concentration in expressive arts therapy. Additionally, there are also bachelor degree programs and certificate programs or studies that allow individuals to incorporate the expressive arts. The International Expressive Arts Therapy Association (IEATA) provides information on where to find these programs, and can be accessed here: <http://www.ieata.org/resorces.html>

## THERAPEUTIC EVALUATION TOOLS

### The Beck Scales and Inventories

Beck Scales are available for purchase through Pearson and may be purchased by individuals with a master’s degree in social work, education, psychology or a related field who has formal training in the ethical administration, scoring, and interpretation of clinical assessments. Individuals with

certification by professional organizations that require training and experience in the area of assessment as well as those who have a degree or license to practice in the healthcare field are also able to purchase the tests. The website to access can found here: <http://www.pearsonclinical.com/psychology/products/100000776/beck-family-of-assessments.html#tab-details>.

### PTSD Assessments

Most of the assessment instruments for PTSD are free and are available through the National Center for PTSD by request. Access is limited to those who hold at least a master’s degree in a clinical field with proof of clinical status or research credentials. The request form can be found here: <http://www.ptsd.va.gov/professional/assessment/ncptsd-instrument-request-form.asp>.

### Mindfulness Scales

Both the state and trait MAAS are in the public domain and do not require permission to use for research or clinical purposes. The contact information for Kirk Warren Brown is [kirk@scp.rochester.edu](mailto:kirk@scp.rochester.edu) and you can download the scale here: <http://www.ppc.sas.upenn.edu/mindfulnessscale.pdf>.

### Herth Hope Index

In order to use the Herth Hope Index and for a copy of scoring instructions, permission must be obtained directly from the author.

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## RECOMMENDED READING

*Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky

*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk MD

*Trauma Made Simple: Competencies in Assessment, Treatment and Working with Survivors* by Jamie Marich PhD

*EMDR Made Simple: 4 Approaches to Using EMDR with Every Client* by Jamie Marich PhD

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## FROM ADDRESSING MENTAL HEALTH NEEDS IN SURVIVORS OF MODERN SLAVERY: A CRITICAL REVIEW AND RESEARCH AGENDA

“Addressing the mental health impact of modern slavery is essential to combat slavery and to halt generational cycles of violence, exploitation and abuse.”

A Freedom Fund and  
Helen Bamber Foundation Report

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Therapeutic supports have been reported by survivors as being important components in fostering resilience and processing trauma after experiencing violence.



# ENDNOTES

- <sup>1</sup> “Therapeutic Yoga Training and Continuing Education - FAQ.” Therapeutic Yoga Training Program. 2013. Accessed June 5, 2015. <http://www.therapeuticyogatraining.com/faq>. “Therapeutic Yoga Training” <http://www.therapeuticyogatraining.com/faq>
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