



Why is it important to know about trauma? - Trauma affects an individual's ability to function - Trauma affects different people in different ways - Pre-event factors, event factors, and post-event factors determine severity of response - The specific ways a victim responds to trauma will affect the investigative interview - The effects of trauma can be mitigated by someone who is trauma informed

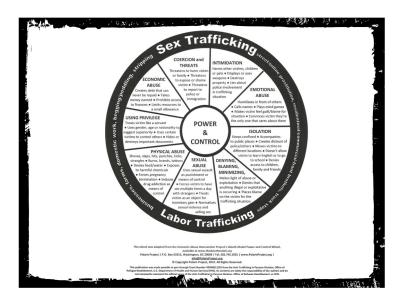
Trauma Informed Interviews The goal is understanding "the role that violence and victimization play in the lives of most consumers of... services and to use that understanding to design service systems that accommodate the vulnerabilities of trauma survivors and allow services to be delivered in a way that will facilitate consumer participation in treatment." (Harris & Fallot, 2001) "Regardless of the agency or system's primary mission, trauma informed services are committed to providing services in a manner that is welcoming and appropriate to the special needs of trauma." (Clawson, et al. 2008)

Core Components of Trauma Informed Services Principles and practices that understand that:

- -Trauma is a defining life event that shapes a victim's
- sense of self and others
 -The victim's complaints, behaviors, and symptoms are coping mechanisms
- -Empowerment and recovery are the primary goals of the service
- -The service relationship is collaborative

Clawson, Salomon, Goldblatt Grace, 2008

Victims Experience: Loss of control Loss of safety Loss of predictability Loss of basic assumptions about life



Common trauma reactions in victims of human trafficking

- Depression
- Anxiety or Panic disorders
- Substance abuse
- Eating disorders
- Suicidal thoughts or behaviors Trauma bonds
- Irritability and Anger
- Hypervigilance
- Difficulty sleeping
- Flashbacks
- Intrusive thoughts
- Shame
- Self-blame

- Dissociation
- · Hallucinations or Delusions
- · Difficulty establishing trust
- · Distrust of law enforcement
- Avoidance
- · Memory loss

Severity of Response is determined by:	
 Means of introduction to the life Relationship to trafficker Duration of abuse Violence or threats experienced and witnessed Being removed from home town or country of origin Personality of victim Coping skills 	268 + 15
 Substance Abuse Experience of SAFETY, CONTROL, and PREDICTABILITY 	

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Anger and Irritability Juvenile delinquents and angry teenagers Runaways Victims may be: -uncooperative -disrespectful -manipulative -sabotaging of the interview process

Dissociation

- A disruption in the usually integrated functions of consciousness, memory, identity, or perception of the environment (APA, 2000)
- Splitting off of clusters of mental contents from conscious awareness (APA, 2013)
- Separation of an idea from its emotional significance and affect (APA, 2013)
- · Day dreaming
- · Zoning Out
- · Can't recall details of trafficking abuse
- · Not expressing or feeling emotions when discussing abuse

Trauma Bonds/Stockholm Syndrome Phenomenon of hostages bonding with their captors Negative feelings by the captive toward the police or authorities Where there is a perceived threat to survival and belief that they will carry out the threat Perception by the captive of some small kindness from the captor within the context of terror Isolation from perspectives other than those of the captor Perceived inability to escape (Graham, Rawlings, and Rigsby, 1994) Victims may state that they are there willingly Provocative dress or behavior

May refuse to identify pimp

Refer to pimps/traffickers as boyfriends or husbands

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Posttraumatic Stress Disorder (PTSD)	
 Exposed to event that involves actual or threatened 	1
death, serious injury, or sexual violence	- >
 Can be experienced, witnessed, or informed of event 	25
 Re-experiencing of the event through intrusive 	
thoughts, memories, flashbacks, or dreams	-
 Avoidance of stimuli association with the trauma 	7
 Negative alterations of cognition and mood 	
Difficulty remembering aspects of trauma	
Anger, fear, guilt, shame	
Alterations in arousal and reactivity	
Hypervigilance	
 Angry outbursts, verbal or physical aggression 	- 8
Difficulty concentrating	- 2
APA. 2013	•
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Triggers Anything that brings up the traumatic memory Conscious or unconscious Can include -Sounds -Particular items -People -Places -Smells -Animals -Body Sensations -Tastes -Weather conditions -Dates -Fabrics -Facial expressions -Tones of Voice -Emotions -Words or phrases Grounding skills -Use the 5 senses to orient to the present moment -Strong mints -aromatherapy, essential oils -Rock, squeeze ball, play-Doh -verbal reminders that the trauma is not happening again, victim is safe -deep breathing

Challenges to the Investigative Interview - They may not "act like a victim" - Victims may not want or be able to talk about their experience - Victims may not be able to report details of victimization - Victims may lie or give false information - They may claim not to speak English - They may have seemingly inappropriate reactions

-Be genuine -Have a plan for the interview -Explain purpose of the interview -Explain confidentiality and limitations -Seek victim's permission and give choices -Address who is handling housing, food, medical needs before interview starts -Recognize and start with the victim's strengths

How PTSD Symptoms Can Affect Behavior During a Case

PTSD SYMPTOMS	BEHAVIOR	RECOMMENDATIONS	
Intrusions			
Intrusive, upsetting memories Acts or feels like the trauma is happening now (flashbacks) Physical reactions to triggers	Sudden, intense reactions to the offender, court officials, and direct questions, as well as to less obvious triggers and reminders, such as a smell Physical complaints (e.g., jumpy, nauseated, sweaty)	environment for questioning • Allow a support person to accompany them	
		Teach containment skills	
Avoidance			
Tries to avoid any thoughts, feelings, or emotions about the trauma Has trouble remembering parts	Has difficulty answering questions Has difficulty remembering Seems evasive	Anticipate the need to protect themselves from painful reminders Expect some omissions and confusion of details of traumatic	
of what happened • Expresses or exhibits feeling detached, or cut off from others	Appears shut-down or indifferent Gives up or is hopeless	memories • Be aware of assumptions about nonverbal communication	
Shows limited emotional reaction	- Gives up of is hopeless	Work to decrease shame Facilitate a sense of purpose and	

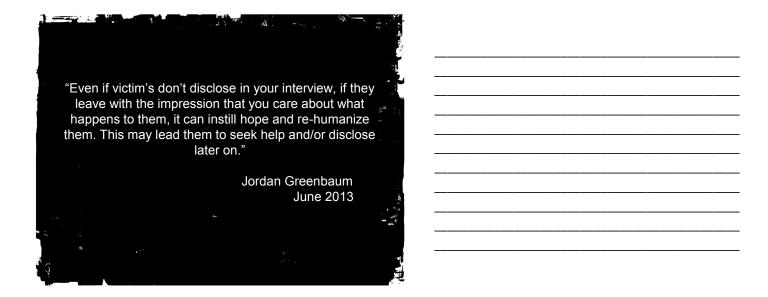
How PTSD Symptoms Can Affect Behavior During a Case

PTSD SYMPTOMS	BEHAVIOR	RECOMMENDATIONS					
Hyperarousal							
*Sleep problems *Poor concentration *Irritability or angry outbursts *On guard *Easily startled	•Increase in concrete thinking with trouble responding to questions in an age-appropriate manner •Overreacts to inquiries; is irritable •Fatigue	*Keep questions simple and concrete *Anticipate needing to repeat or rephrase questions *Teach calming and coping strategies					

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	Other Considerations	
	-Try to put yourself in the victim's shoes -Normalize and validate thoughts and feelings -Avoid "I understand" and "I know how you feel" -Never make a promise that you cannot keep -Don't take things personally -Don't engage in the power struggle -If more than one interview is needed, use the same	
	interviewer -Create a comfortable, relaxing space	- 44
45.	-Take care of yourself	Ha. s

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i	Vicarious Trauma	4
ļ	-Trauma that results from being exposed to horrific things	* 3%
	-Self-care is vital to mediating the effects of vicarious trauma	
	-Set boundaries	
	-Take a vacation	
	-See a counselor	,
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