Profiling Victims of Human Trafficking

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Introduction

- Background
- Bosnia Phenomenon
  - Why victims don't ask for help?
  - Why they won't accept offers of help?
  - Why they want to go back to their abusers?
- My research
Contemplation

* Consider if you can, a victims of human trafficking that you may have encountered during you work, or a person you may have suspected of being such a victim.

* Keep them in your mind during this presentation and consider how my research and findings relate or explain their behaviour or attitudes.
Working Conditions
Victims Working Conditions

- Isolated and Hostile Environment.
- Substandard Conditions.
- Social Outcasts.
- Foreign Country / City / Town
- Kept moved around.
- Forced to work in the sex industry
- Subjected to Verbal, Mental, Emotional, Physical, and Sexual Abuse to mention but a few.
Victims Working Conditions Contd.

* Threats, Exploitation, Beatings, Rape and Torture.
* Robbery.
* Continuous Anxiety & Fear – Pimps / Clients / Police.
* Drugs / Alcohol / dependency.
* Forced to hand over their earnings.
* Treated as commodities – bought and sold.
Trauma

Can trauma psychologically affect behaviour?
Stockholm Syndrome 1973

- persons held captive 4.5 days
- Put in fear
- changed their behaviour
- formed a strange relationship - 'Bond of Protection' between the victim and the aggressor
- upon release were dissociative and in a denial state of mind
Post-Traumatic Stress Disorder

- relive anxiety and discomfort that associated with an event (Nathan et al, 1999)
- occurs as a result of an extremely stressful or life-threatening situation.
- reduces a person's ability to cope with the stress or process any ideas / emotions associated with it.
Complex Post Traumatic Stress Disorder

- occurs when people are re-victimised.
- affects emotions,
- sexual behaviour,
- consciousness,
- self-perception,
- creates a sense of helplessness
- renders victims unable to make any decision
**Trauma Bonding**

* Trauma Bonding is the forming of an intense bond or relationship with a perpetrator.

* Carnes, Patrick, J., (1997), highlighted that trauma bonding is so powerful that abuse, emotional pain, even the prospects of death will not stop victims from caring and being committed to their relationship with their abuser.

* His research highlighted that betrayal, shame, danger & exploitation results in victims developing a distorted view of their relationship with their abuser.
Trauma Bonding Contd.

* Trauma bonding creates an insane loyalty to the relationship so much so that victim's will go overboard in trying to please and stay in contact with their abuser.

* This explains “why victims go back for more abuse? Or why they don’t run away?”
Research into the Psychological effects of Trauma on Behaviour

- Victims suffer Depression, Anxiety and Hostility

- Isolation, Unpredictable Violence and Negative Messages similar to 'Brainwashing'

- Initially cry for help results in 'learned helplessness'.

- Re-occurring trauma causes one's personality and coping mechanisms to change.
Contd.

• It alters their sense of self-identification from having to continuously adjust their perception, situations and compromising ability.

• The unpredictable and unsafe environment keeps victims on edge and under control.

• When released from captivity victims will be confused, deceitful, and in a dulling state of mind.
Lock in Factors

- Guilt – that they didn’t do enough
- Shame – everlasting – dissolved by empathy
- Anxiety – hijacking of the logical brain
- Depression – no hope – all is lost
- Fear – the main lock in factor
Fear
Victim’s Fear adds to their trauma

- Threats
- Punishment
- Beatings
- Rape
- Abandonment
- Debt
- Retribution
- Not Surviving
- The Unknown
- Police & Immigration
- Clients
- Being found out

Victim’s Fear
So How Does all this effect Victim’s Behaviour?
Victim’s Survival Response

• 1. Enter into a STATE OF SURVIVAL.

• 2. Develop a DISTORTED VIEW OF THEIR WORLD.

• 3. Develop an ILLOGICAL RELATIONSHIP WITH THEIR ABUSER.
State of Survival

- An instinctive reaction to protect and survive.

- They won’t ask for anything.

- They will avoid attracting attention.

- They feel ashamed.

- They believe that they are not like other people.
State of Survival Contd.

* They believe that they do not matter in any way.

* They are unable to operate in a normal fashion.

* They are distrustful of others.

* They feel unworthy, immoral, sinful, shameful, despair, alone, isolated, anxious, empty, dead, cold, worthless and in constant danger with no future.
Distorted view of their world

- Occurs because they are psychologically unable to comprehend all that they have to endure.
- It is just too painful for their conscious mind to accept.
- It's the body's way of switching off from the unbearable (dissociation).
- It occurs as a result of betrayal, shame, danger and exploitation.
Distorted View Contd.

- It changes their cognitive behaviour – ‘how they process information’.
- They are unable to consider any offer of assistance.
- They suffer from irrational thoughts, emotions, behaviour and a distorted belief system.
- They look at their world and behaviour in a way that is inconsistent with reality.
- They don’t see their world like we see it.
Illogical relationship with an abuser

* Creates an insane loyalty to their abuser.

* Where they go overboard in trying to please and stay in contact with them no matter what happens to them.

* Further abuse, emotional pain, even the prospects of death will not stop them from caring for or being committed to their abuser.

* They see any attempt at intervention as a threat to destabilise the relationship with their abuser and as such see it as a 'threat to their lives'.
The Interview Process
Initial Advice

• Appointment of a Liaison Person for women found on any raid / search / operation.

• Be conscious of ‘First Impressions’

• State of Undress – ‘No eyes below chin level’

• Tone of voice and display of attitudes

• Display of authority over owner / pimp / trafficker when in presence of women.
The Interview Process

- Meaningful Communication
- Active Listening
- Empathy
- Sensitivity
- Rapport
- Attuning
- Exploration
- Periodic Summarising
- Extensive Summarising
- First Impressions
- Trust

Arrows indicate the flow and interaction between these components.
How the Interview Process Works

- Logical Brain hijacked by Survival Unit (Amygdala)
- Interview process reduces the 'fear impulses' being transmitted to the survival unit.
- It gets the victim to re-connect with certain positive memories.
- It get the victim to compare the positive memories emotions with their current negative circumstances.
- This creates a discrepancy which deactivates the survival unit and returns control to the logical thinking part of the victims brain.
Interview Process

- Victims fear the unexpected – Information!!!
- Explanation about
  - who you are,
  - what your current role and employment functions are etc.
- Informed them that you are there
  - to listen to them,
  - to ensure that their human rights are being looked after
  - to offer them any support that may be helpful to them.
Interview Process Contd.

* Inform them of your experience of dealing with women in their predicament or situation.

* Acknowledge that you “realises that there is a lot going on in their head at this moment in time”,

* Highlighting your appreciation that they “may be feeling confused and afraid right now”.

* It is very important that an interviewer never says that they “understanding what the victim is going through”,


Never present yourself as an expert in this area.

Ascertain their Name & Nationality

During the initial part of any interview, avoid asking victims the usual questions such as “how did you come to this country?”

“what are you currently doing here” or any other similar type of questions.

Issues of Guilt and Trust should be dealt with at this stage.
• Take the initial stages very slowly and carefully.

• Tell the victim that you want them to listen to you and to think about the answers. Emphasising that they never have to answer any of the questions or tell anybody the answers. You never want to know the answers to these questions.
Interview Process Contd.

• Then ask them if they will do that for you?

• Check to see that they understand

• Once they agree to do they are engaged in the interview process.
First Question

* **First question** - recalling positive memories, emotions, and feelings from their past

* "Can you recall a time in your life, before you ever left home, a time when you were with your family or loved ones, when you felt safe, happy, loved, protected, and secure?"

* It is important to ensure that they search for and explore any such memories.
First Question Contd.

* Get them to explore these emotions
* Get them to focus on what they can recall from that occasion,
* Get the to take their time remembering these events.
* Schank (1982) found that memories can trigger emotive feelings associated with a past occasion.
First Question Contd.

- Victims may not want to remember these memories

- If they resist, try and get them to reengage

- It is important that they reconnect with these memories, feelings and emotions
What if there were no Good Memories?

* If there was never a positive experience in their life?

* Explore any similar memory they may have had with a friend, boyfriend or with any other person

* Use the Magic Want technique

* Use a Film or T.V. programme that they may have seen
Second Question

* Ask the victim

* "to consider their life here now in this country"

* Give them time to explore this in their head.

* Give them sufficient time to contemplate their current lifestyle
Third Question

* “to compare their past life style and their current life style?”

* “When you are thinking about this in your mind consider how the feelings of being safe, happy, loved, protected and being secure with your family or loved ones compares with your current life style and experiences here in this country”
Third Question Contd.

* Again emphasise that you only want them to think about these two experiences in the privacy of their mind.

* If they indicate that they “can’t do it” or that they “do not want to do it”, then go back to the start and repeat the process slowly until you get their participation.
Fourth Question

- Ask them, if they don’t mind giving you an answer to one question by answering either yes or no.

- “Is there is a difference between their two life experiences?”

- The answer should be a definite “Yes”
Mental Discrepancy

- Comparing these two situations / emotions in their mind create a mental discrepancy.
- This discrepancy causes confusion in the survival unit.
- This discrepancy / confusion results in the dissolving of their distorted view of their world.
- This discrepancy continues to work within their thought process for the duration of the interview.
Interviewer’s Pitfalls

- Never tell victim of the advantages of changing their circumstances.
- Never label a victim.
- Never tell them you understand how they feel.
- Never portray the interviewer to be an expert.
- Never give advice (unless specifically requested).
- Never take on the role of “Mr FIX it”.
Closing the interview

* Reassure victims on any issue of guilt or shame that may have arisen

* Reassure them they are Ingenious Survivor

* Inform them how privileged you are that they have shared their story with you.
Interpreters

- Use regular trained interpreters.
- Interpreters need training in their roles, responsibilities, attitudes and responses.
- Interpreters should be asked to translate sentence for sentence in place of their interpretation of what the victims has said.
- The importance of every word / sentence should not be underestimated. – Listen for the meaning of what is being said.
Interpreters Contd.

* Victims should not be left alone with an interpreter
* Interpreter’s role should be fully explained to the victim.
* Victims fears in relation to Interpreters
  * Fear of meeting interpreter again in society
  * Fear around confidentiality
  * Fears around cultural issues – women talking to men etc.
Dangers of Mimicking

- It is also important to avoid any actions that might mimic their trafficking experience. There is a need to be mindful of how any offer of assistance could mimic the original offer that they received from their recruiter before they were trafficked.
**Summary**

- Psychological effects of trauma effects and changes victims behaviour.
- As such a different approach in interviewing victims is necessary.
- Neuroscience has shown how our brains react to threats and danger.
- This new interview technique assists in changing how our brain reacts and helps dissolve the distorted view victims hold of their world.
Victim ID & Meaningful Communication with Victims of Human Trafficking

Based on John O'Reilly's Sex Slavery; the Way Back

Next Training: Switzerland October 16 – 17, 2014 or....

...Individual training date & location available on request. Min. 15 participants

Further information: john812oreilly@hotmail.com

http://www.youtube.com/watch?feature=player_embedded&v=ko1flWvaFQU
Questions?

'SEX SLAVERY the way back' is your guide to understanding a phenomenon where women involved in human trafficking for sexual exploitation are 'unable to ask for help, refuse any offer of help and request to be returned to their abusive situation.' It explains the illogical and irrational behaviour displayed by victims which so often causes confusion for those trying to help them.

This book is written for any person who may come into contact with victims of human trafficking exploited in the sex industry or who may wish to gain a better understanding of what trafficking for sexual exploitation involves. It is written for people such as police officers, social workers, doctors, nurses, outreach workers, Non-governamental Organisations, project workers or any other person interested in human trafficking. It provides an explanation of what human trafficking is, how it occurs, the trauma experienced by victims, and how all these affect their behaviour to such an extent that victims prostitute themselves for the benefit of others.

This book locates, examines and explores the cause and effects of victims trauma in order to provide an explanation of what happens, how it happens and how it locks them into a life of sexual slavery. More importantly it proposes a newly designed interview technique that provides a step by step guide to help develop meaningful communication with victims of human trafficking in order to assist them break down the barriers that has locked them into a life of sexual slavery.

It is the missing piece of the jigsaw in the worldwide fight against human trafficking for sexual exploitation.

The Author is a retired Police Inspector with 30 years investigative experience; he worked closely with victims of human trafficking during his secondment with the United Nations Mission in Bosnia and Herzeogovina in 2002. During this time he, his colleagues and the local police helped save 205 women from a life of sexual slavery. He has spent the last five years researching the causes and effects of this phenomenon and has developed a new interview technique to combat the psychological effects of trauma on the behaviour of trafficked victims exploited in the sex industry.

Available from www.victimsliberation.com

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