

1. Working Therapeutically with Trafficked Adults and Young People within a Human Rights Context: *Dr Sharon Doherty & Rachel Morley*

The growing awareness of the trade in trafficking human beings, and of the psychological effects on victims, brings new dilemmas, challenges and possibilities for clinicians working in trauma.

A recent report by the Equality and Human Rights Commission "Inquiry into Human Trafficking in Scotland" (2011) highlighted the need for a comprehensive, co-ordinated and strategic response to the trade in human beings. The report made several recommendations including the need to raise public and professional awareness of trafficking indicators so that frontline professionals are able to identify victims of trafficking and act accordingly.

Another recommendation was that a trafficking care standard be introduced and inform the development of comprehensive end-to-end recovery services (including psychological care) for victims of trafficking.

This workshop will describe the trauma associated with trafficking for adults and young people, and consider the therapeutic challenges, dilemmas and possibilities in working with those who have been trafficked. The workshop will also set the legal and human rights context for our responses. The workshop will provide an opportunity to consider what culturally-sensitive practice might mean in practice, as well as the dilemmas associated with working therapeutically with clients to support their engagement in legal and child protection procedures.

Drawing on their experiences of working therapeutically with trafficked adults and young people, the facilitators hope to encourage discussion around how to provide accessible, meaningful and beneficial psychological therapy for adults and young people who have been trafficked, and, in this developing area of work, to explore what specialist and targeted support for adults and young people who have been trafficked should look like.

Expected workshop outcomes include:

- Increased awareness of the trade in trafficking human beings and of human trafficking indicators.
- The opportunity to explore the challenges, dilemmas and therapeutic possibilities in working with adults and young people who have been trafficked.
- The opportunity to consider how to position oneself therapeutically when working within a human rights context.
- The opportunity to consider the implications of ongoing legal processes for therapeutic work.
- Increased understanding of culturally sensitive therapeutic practice in this area of work.
- The opportunity to consider ways of working with barriers to disclosure when working with trafficked adults and young people.

The workshop format will be mixed, and include a combination of presentations, discussion and group work.

Biographies

Sharon Doherty is a consultant clinical psychologist who has specialised in working with adult asylum seekers and refugees affected by trauma for the past eight years, working as part of the COMPASS team, a liaison mental health service for asylum seekers and refugees in Glasgow. She has recently been seconded to the TARA project, a national support project which exists to provide support and assistance to women identified as potentially having been trafficked. Her therapeutic work is strongly informed by the humanitarian context in which she works, and she has a particular interest in bringing psychological knowledge to bear on, and inform the legal process. Research interests include the impact on interpreters of mental health interpreting and factors associated with suicidal behaviour in asylum seekers and refugees.

Rachel Morley has over 20 years experience working as a clinical psychologist and specialising in work with both adult and child victims of human rights abuses

including sexual abuse and exploitation and domestic violence. She has worked in education, clinical and community settings. For the last 6 years she has worked with young victims of war, abuse and trafficking as part of the COMPASS team, a liaison mental health service for asylum seekers and refugees in Glasgow. Important aims of her work have been:

- To develop collaborative approaches that honour the skills, experience, knowledge and significant relationships of those we work with.
- To take account of wider social, economic, cultural and political contexts, and the links between therapeutic practice and social justice.

To work with survivors of human rights abuses in ways that allow the hearing and telling of stories that have been silenced, and challenge practices that allow violence and abuse to flourish.