



INSigHT - Building Capacity to Deal with Human Trafficking
and Transit Routes in Nigeria, Italy, Sweden

Rehabilitation Workshop

January 14-15, 2021
Benin City, Edo State

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Building Capacity to
Deal with
Human Trafficking and
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Overview

Objectives:

- To equip service providers providing rehabilitation support to survivors of human trafficking across Nigeria to be more **trauma-informed and survivor centered** across their respective services;
- To generate some level of **uniformity** in the manner in which rehabilitation for VoTs is conducted in Nigeria;
- To provide opportunities for service providers to **connect with other providers** and share good practices; and
- To generate partner input for Pathfinders' upcoming **National Guidelines** for Rehabilitation Service Providers.



Participants

~50 participants from 20 organizations/agencies

Community Service Organizations

- *Committee for the Support of the Dignity of Women (COSUDOW)*
- *Caritas Nigeria*
- *Genesis House (Freedom Foundation)*
- *Girls Power Initiative (GPI)*
- *Idia Renaissance*
- *NACTAL Edo State*
- *NAME Foundation*
- *Pathfinders Justice Initiative*
- *Nigerian Red Cross*
- *Salvation Army*
- *Society for the Empowerment of Young Persons (SEYP)*
- *Web of Hearts Foundation*

Nigerian Government Agencies

- *Edo State Task Force Against Human Trafficking (ETAHT)*
- *Ministry of Justice*
- *Ministry of Social Development and Gender*
- *NAPTIP (Abuja HQ, Lagos, Benin)*
- *National Commission for Refugees, Migrants and IDPs South-West (NCFRMI SW)*

International Agencies

- *International Organization for Migration (IOM)*

Media Houses

- *AIT*
- *News Agency of Nigeria*
- *Observer*



Training Sessions

Organized in line with the journey of survivor care

1. Survivors Panel
2. Identification and Protection
3. Import of Trauma and Survivor Centered Care*
4. Mental Health and Psychosocial Support
5. Sheltering, Reintegration and Economic Empowerment
6. Addressing and Overcoming Survivor Setbacks and Challenges
7. Effective Communication Skills for Service Providers
8. Vicarious Trauma and Self-Care for Providers*
9. Collaboration and Impact*

** Included group discussions and sharing of good practices*

=> Detailed notes and guidelines will be shared on the Action website. In addition, video taped sessions are being uploaded and will be available on Pathfinders' website and on our YouTube page.

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1. Survivors Panel

It begins with survivors...

1. **Survivors Panel:** The Workshop began with a Survivors Panel which served to frame and act as the foundation for the two-day training.
 - Three survivors that have partnered with PJI shared their stories, **highlighting where service providers/agencies made an impact and identifying gaps** within Nigeria's human trafficking response which contribute to the proliferation of trafficking.
 - The panel was an opportunity for service providers to **hear directly** from survivors, to **tangibly envision** the impact of their work and to **ask survivors** how that work can be improved.





2. Victim Identification



2. Victims of Trafficking (VoT) Identification and Protection:

- Critical first step, as victims may:
 - not self identify
 - not want to be stigmatized by their experience
 - bear feelings of shame
 - fear deportation, fines or other punitive consequences
 - maintain dependence on the abuser (“Stockholm Syndrome”)
- This session outlined concrete identifiers for both sexual and labour exploitation and outlined a screening process to ensure that all factors were considered and that relevant information could be surfaced
 - Consider: Lack of control, conditions for exploitation, living and working conditions, travel history



3. Trauma

3. *The Import of Trauma on Survivors:*

- Trauma impacts the soul, body, and mind, which often make the job of first responders and providers trying to intervene challenging. This training allowed providers to understand (big picture) why survivors appear to behave the way they do and how their responses may provide support or even further retraumatize survivors.
- Systems, services and relationships can **retraumatize** survivors.
- **Trauma-Informed Care**
 - **5 Principles of Trauma-Informed Care**
 - **Safety:** Ensuring physical and emotional safety. Common areas are welcoming and privacy is respected
 - **Choice:** Individual has choice and control. Individuals are provided clear and appropriate message about their rights and responsibilities
 - **Collaboration:** Making decisions with the individual and sharing power. Individuals are provided a significant role in planning and evaluating services
 - **Trustworthiness:** Task clarity, consistency, and interpersonal boundaries. Respectful and professional boundaries are maintained
 - **Empowerment:** Prioritizing empowerment and skill building. Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact





Introduction

- ▶ While trauma is a normal reaction to a horrible event, the effects can be so severe that they interfere with an individual's ability to live a normal life.
- ▶ Not everyone who experiences a stressful event will develop trauma.
- ▶ A traumatized person can feel a range of emotions both immediately after the event and in the long term. They may feel overwhelmed, helpless, shocked, or have difficulty processing their experiences.



3. Trauma Cont.



A survivor-centred approach

- A survivor-centered approach helps to promote a survivor's recovery and to reinforce her capacity to make decisions about possible interventions (UNICEF, 2010).
- It means ensuring that survivors have access to appropriate, accessible and good quality services including: Health care, Psychological and Social support, Security, Legal Services (UNFPA, 2012).
- It is essential that professionals have appropriate attitudes, knowledge and skills to prioritize the survivor's own experiences and input.
- This creates a supportive environment in which a survivor's rights are respected and they are treated with dignity and respect.



4. Mental Health and Psychosocial Support

Mental Health and Psychosocial Support for Survivors (MHPSS):

- MHPSS is a process of facilitating resilience within individuals, families and communities. By respecting the dignity and coping mechanisms of individuals and communities, psychosocial support promotes the restoration of social cohesion.
- This session addressed:
 - The need to understand the mental health of survivors
 - Psychological effects
 - Broad range of needs of survivors (immediate, medium, and long term)
- It outlined the various dimensions (i.e., physical, mental, moral, spiritual, social, etc.) which programming should address to ensure survivors become resilient for the long term.







5. Sheltering, Reintegration and Economic Empowerment



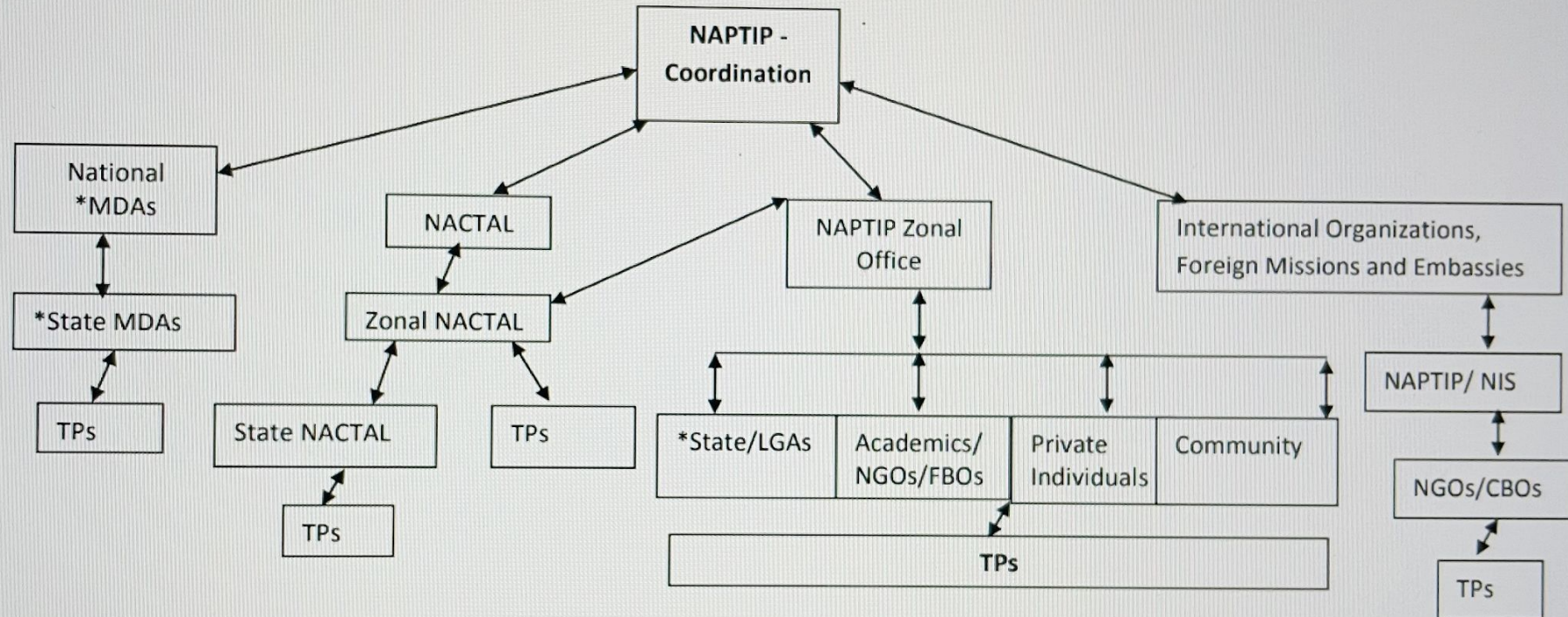
- ***Sheltering***

- This session, presented by NAPTIP, offered practical guidance on the following:
 - Technical understanding of victims' rights and obligations;
 - Shelter record and documents and Shelter management
 - Also highlighted Nigeria's National Referral Mechanism

- ***Reintegration and Economic Empowerment:***

- IOM led the session on Reintegration and Economic Empowerment in the context of returnees, outlining the dimensions required for reintegration support at the individual, community, and structural levels. For the individual, they walked through the reintegration process and the need for economic empowerment and the varying forms which it might take.

2.2 The National Referral Mechanism



**Ministries, Departments and Agencies (MDAs) including Law Enforcement Agencies at national and state levels*





6. Survivor Setbacks

Addressing and Overcoming Survivor Setbacks and Challenges:

- Addressed the cognitive, behavioral, and emotional de-regulation that occurs, making it difficult to recover.
- Offered practical guidance on how service professionals can work with survivors directly through exercises and other recommendations to support their recovery.
 - Regulating thoughts and emotions
 - Importance of seeking help
 - Professionals must be the exception and offer support, respect, and healthy boundaries





7. Effective Communication Skills

Effective Communication Skills for Service Providers:

- Laid out the practical tools required to communicate with survivors to ensure that services are effective.
- Outlined the five pillars for effective communication:
 - Active listening, Paraphrasing and affirming, Observation/ non-verbal communication, Open and close-ended questions, Awareness of cultural styles of communication
- Blindspots such as implicit biases, stereotypes and prejudices and tone/body language that may negatively affect the survivor.
- Role playing was introduced to keep the session engaging and to demonstrate how providers can effectively and practically engage directly with survivors.





7. Vicarious Trauma



Vicarious Trauma and Self-Care for Service Providers:

- Addressed the trauma that service providers themselves may experience as they work with survivors.
- When left untreated, vicarious trauma can negatively impact the quality of work as well as the mental health of the professional and the effectiveness of the organization.
- Examples of self-care were introduced for individuals, as well as effective practices for managers and organizations as a whole.





8. Collaboration and Impact



- This session afforded participants the opportunity to:
 - broadly share learnings on prior successful collaborative efforts (such as the Edo State Taskforce Against Human Trafficking);
 - to outline and elaborate upon pain points that hinder successful collaboration (such as the lack of funding; distrust across organizations; ineffective dissemination of information from NAPTIP down to CSOs, etc.);
 - to address gaps in areas of collaboration (such as the absence of a coordinated survivors/returnees' database manned by NAPTIP); and
 - to proffer some solutions to the challenges that hinder successful collaboration (such as a manned survivors/returnees' database; more trainings and opportunities to build trust across sectors; grants database; submission of co-applications for grants, etc.).





Thank You

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