



*Restoring  
Smiles through  
Dance*

*Research findings on Dance  
Movement Therapy for Survivors of  
trafficking in Institutional  
Rehabilitation*

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Supported by:



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## *F*OREWORD

Kamonohashi Project (Kamo) has been fighting against sex trafficking of minors in Cambodia with international societies and the State Government in Cambodia for the past 10 years, and it embarked on new initiatives in India in 2012. During our prior feasibility study, we came across Kolkata Sanved by accident, and we were moved by the way that the organization uses dance and other social and therapeutic means to conduce psychological recovery of the trafficking victims. Kolkata Sanved is a vibrant, innovative and robust NGO, which was proven through our collaboration these past 6 months.

While observing and understanding the issue of sex trafficking and its causes in India, we realized that voices of victims are rarely heard in the society and the system. Many of Kolkata Sanved's Dance Movement Therapy trainers, under the strong hands-on support and initiative of the Founder Director, Sohini Chakraborty, have flourished in their wonderful roles as dance therapists. That's the biggest strength of this organization, and we believe in their power and commitment to transform victimhood to survivor-hood with bright futures.

Making this module was the first step of our long journey. We trust this module will facilitate the psychological recovery for survivors in substantial way, and their courage will eventually lead to testimony at the court, which will bring legal justice to them.



**Sayaka Murata**  
Co-Founder and President  
Kamonohashi Project, Japan

## *A*CKNOWLEDGEMENTS

Kolkata Sanved believes that Dance Movement Therapy transforms people's lives. The concept itself is very new. Kolkata Sanved has been working for the last 9 years to use this tool as a process of psychosocial rehabilitation. We are very happy that with the support of the Kamonohashi Project we were able to conduct research to find out the aspects of Dance Movement Therapy which will cater to the need of trafficking survivors during their judiciary process.

I want to thank Kamonohashi Project for rendering their support in this innovative programme.

My heartfelt thanks to our collaborative partner Save The Children India, Mumbai for rendering help in conducting the entire research.

This research study was a journey for us. The major insights of the research were gained through the workshop with young women who are trafficking survivors. I would like to congratulate them for their energy, time, commitment, and openness towards the process. It would not have been possible without their support.

We are also grateful to the respondents of this research whose support was the key element of the research. Their responses helped us to look at the critical area of this report.

I want to also thank our resource persons: our researcher Dr. Arna Seal, psychotherapist Barnali Ghosh, development professional Srabani Sarkar, documentationist Lopamudra Mullick and the entire Kolkata Sanved and Save The Children teams for making this happen.



**Sohini Chakraborty**  
Founder Director  
Kolkata Sanved

# *Executive Summary*

## **1. Background**

Between November 2012 and January 2013, a research study was conducted to develop a Dance Movement Therapy (DMT) Module for survivors of trafficking in institutional rehabilitation programs. In all current research, there are large gaps in the process of psycho-social rehabilitation, which this research will address. Among other consequences, these gaps affect the judicial trial process which delays the court proceedings. This is NOT in favour of the survivors.

## **2. Objectives**

The overall objectives of the research were to find out:

- a. The emotional domains that need to be addressed in the DMT module
- b. The specific emotional domains that need to be addressed in the trial process.
- c. An implementable format and structure for execution of the module taking into consideration the external environmental factors.

## **3. Methodology**

Primarily, a qualitative methodology involving both Secondary and Primary level data collection was used. Secondary data was comprised of published research and unpublished documentations of other NGOs, specifically focusing on trafficking in general and on rehabilitation and reintegration in particular. Primary data was comprised of interviews of functionaries engaged in the rehabilitation and reintegration process in various capacities from both the Government and NGO sectors, as well as a two-day workshop with focus group discussions (FGDs) with survivors of trafficking.

## **4. Research Findings**

A. Following rescue, a survivor's journey involves experiencing interactions in police custody, medical examination, child welfare committees (CWC), shelter homes, and then repeated visits to CWCs intermingled with trial proceedings in the court.

B. The following areas need to be worked on through the DMT module:

1. Perception of Self-Image (both physical and mental)
2. Anger Management
3. Feelings of Insecurity
4. Verbal articulation and expression
5. Handling relationships
6. Developing long-term vision of life

C. The external environmental factors that need to be kept in mind while developing the

module are:

- The atmosphere of the venue, be it the shelter home or any NGO where the survivors could travel for the DMT session.
- Infrastructure and facilities available in the venue.
- All official requirements for permission and consent.
- The environment in the court and dynamics of relationships with people involved in the trial process.

D. A suitable structure for the module must be loosely structured in terms of duration, time frame, frequency, and approach. For example, the time-frame may vary between 3 to 6 months with a customized follow-up plan. The duration per session may be half an hour for the first week, 1 hour for the rest of the month, and then eventually 2 hours for the duration depending on the participants' attention span. The time of day should be customized to maximize group availability. That said, for continuity, sessions must be held once a week, and a separate module for care-providers should be provided.

E. Overall, DMT is perceived to be non-judgemental and movement invoking. These two qualities engender:

1. Loss of Inhibitions
2. Release
3. Building self-confidence and self-image and
4. Helping girls revalue themselves and become more positive individuals.

## 5. Going Ahead

At the end of the action research, we found that these issues were all-encompassing. Addressing these issues at a holistic level would automatically influence a survivor's coping process at the judiciary. However, the issue of **verbal articulation** in front of a judge emerged as a key area that needs to be addressed.

The need to make the module flexible and adaptive to situations while considering the environment that the survivors live in and face in court also emerged as key factors.

Going ahead, the next steps involve:

- a. Designing a Pilot module by Kolkata Sanved.
- b. Dissemination of the Pilot module to Psychologist and Sociologist for feedback
- c. Dissemination of Research findings with funding agency and collaborative partner for feedback and finalization
- d. Dissemination of Pilot module (2nd Draft) with funding agency for feedback
- e. Finalization of first module for dry run with Collaborating NGO
- f. Future implementation of module



## About Us

**Kolkata Sanved** pioneered the use of DMT as a therapeutic tool in 2004 for those who are most vulnerable and underprivileged; enabling young women survivors of trafficking to emerge as self sufficient leaders and DMT trainers.

To this day, **Kolkata Sanved** uses DMT as an alternative approach to counselling, psychosocial rehabilitation, expression, and empowerment.

**Kolkata Sanved's** core project 'Saving Lives through Dance' works with different marginalized communities in collaboration with different Government and NGOs.

**Save The Children India (STCI)** is a non-profit organisation founded by late Mrs. Vipula Kadri in 1988. It has been working towards the empowerment of the underprivileged women and children through its many health, vocational training, anti-trafficking and education programs. One of **STCI's** proudest accomplishments includes bringing health & education to nearly 200,000 children. Additionally, **STCI** is involved in Policy Advocacy Initiatives at the state and national level and was instrumental in formulating the Maharashtra State Plan of Action to Combat Trafficking and The Code of Conduct for Safe and Honourable Tourism. Whilst countering human trafficking **Save The Children India** has adopted a collaborative approach and in the process has partnered with various stakeholders and has been working alongside the government to address the issue holistically.

**Save The Children India** is an organisation that envisions India as a Child-Friendly Nation.

**Kamonohashi** works to protect child victims of sex trafficking and exploitation as well as prevent vulnerable women and girl children from being trafficked. In 2002, **Kamonohashi**, project was established by three university students Murata, Motoki and Aoki as a private organization. In 2004 **Kamonohashi** started to work against sexual exploitation and trafficking in children in Cambodia. The founders started their own IT business that would raise funds for their activities in Japan and Cambodia. In 2006 jointly with local NGO they started to provide vocational training to the local girls and women and produce souvenir items from straw. From 2011 they expanded their work in India.

## 1. CONTEXT

### 1.1 Partnerships

The Kamonohashi Project works to protect child victims of sex trafficking and exploitation as well as to prevent vulnerable women and girl children from being trafficked in the first place.

In 2002, The Kamonohashi Project was established by three university students Murata, Motoki and Aoki as a private organization. The founders then started their own IT business that would raise funds for their activities in Japan and Cambodia. In 2006, jointly with a local NGO, they started to provide vocational training to local girls and women to produce souvenir items from straw. From 2009 onwards, Kamonohashi started to work against sexual exploitation and trafficking in children. In 2011, they expanded their work in Cambodia and India.

***Kamonohashi supported Kolkata Sanved to seek innovative resolutions in India's anti-trafficking programme.*** An alternative counseling process with a creative element will play an effective role on survivors physical and mental health as compared to the traditional process of counselling. The thought of catering to the psychological and cognitive development of the survivors are often ignored in the entire process of rehabilitation. The DMT process is perfect for this: it will help heal and recover from the trauma, thereby enabling survivors to re-affirm their social identity. The increased level of trust, self-confidence and courage will motivate survivors to give un-manipulated testimony of the incident during trial and identify the offender properly.

***Kolkata Sanved highly values partnerships, as its mode of operation is based on partnership and collaboration.*** We hope to retain this spirit throughout with our partners such as the Kamonohashi Project. In this research, Kolkata Sanved partnered with Save The Children India Foundation (STCI). STCI is an organization that envisions India as a Child-Friendly Nation.

### 1.2 Human Trafficking is widespread

Human trafficking is a global challenge that is becoming increasingly widespread. 90% of sex trafficking involves women and girls. The problem is complex - violence and HIV/AIDS are a constant threat. The United Nations estimates that 700,000 to 4 million women and children are trafficked around the world for purposes of forced prostitution, labour and other forms of exploitation every year (<http://www.teamwmi.org/educational-information/human-trafficking-facts-figures/>). In India specifically, human trafficking poses a major threat as well, specifically for women and young children living in marginalized socio-economic conditions.

A report published by the School of Women's Studies, Jadavpur University (2012:1) states that India is a source, destination and transit country for the trafficking of men, women and children for labour and/or sexual exploitation. 90% of trafficking occurs across state borders with only 10% thought to take place across international borders (Hameed et al, 2010). The majority of those identified as trafficked are women and young children from marginalized sections of society.

### 1.3 Rehabilitation and Reintegration pose major challenges

Given the magnitude of the issue, the major tasks following rescue, namely **Rehabilitation and Reintegration** also pose major challenges for Governments and NGOs. India is no exception. Extant literature (Initiative of Social Change, 2003, Sanlaap 2007, 2008; Hennink and Simkhada, 2004, ECPAT/Plan 2004, Dastoor 2010, Kolkata Sanved Documentations 2004-11) on issues surrounding the processes of Rehabilitation and Reintegration in the Indian context brings up the following concerns:

- Rehabilitation of women and adolescent girls becomes difficult when they are institutionalized for many years.
- Often trafficking survivors run chances of being re-trafficked even after being 'rehabilitated'
- Lack of a congenial atmosphere in the institutions (shelter home) undermines the process of psycho-social rehabilitation
- Lack of effective and holistic livelihood planning for the trafficking survivors affects the process as well
- Ignorance and lack of awareness on the part of the care providers slows down the process of rehabilitation
- ***Survivors' trauma, fear, and apprehension about the judiciary and the judicial process affect the court procedures both in terms of outcome (eg. The perpetrator may be acquitted since the victim is too traumatized or in denial and does not provide evidence against him/her) and time (victim's trauma in court may result in her inability to speak her mind for days or provide other evidence which in turn may slow down the process of judgement)***

What clearly emerges from the above is the need for solutions both at the SYSTEMIC and PSYCHO-SOCIAL levels. In fact the Jadavpur University Report (2012) (Protection against Vulnerability: The Indian Experience - 'What Works?'), recommendations emphasizes (among other things) that rescued women and children should be:

- Provided **opportunities to make decisions** on a day to day basis and throughout their reintegration plans
- Provided with the **tools and resources to know their rights and build their confidence and self-esteem to voice their views and become independent**

**It is in this context that the project proposed by Kolkata Sanved emerges as significant.**

## 2. THE KOLKATA SANVED PROPOSED PROJECT

Alternative counseling with creative element for sustainable rehabilitation and reintegration

In line with the fast-growing consensus in India and the rest of South Asia on the importance of establishing a sustainable rehabilitation and reintegration process through strategic planning, Kolkata Sanved proposes an alternative counseling process with a creative element.

Consequently, our goal is defined as follows:

### **2.1 Goal**

Strengthening the psycho-social rehabilitation approach in Anti-Trafficking programmes in collaboration with NGOs and Government to create an effective and collective impact.

#### **Develop a DMT module for survivors of trafficking with emphasis on coping mechanisms required to face the judicial process**

While the thought of catering to the psychological and cognitive development of the survivors are often ignored in the entire process of rehabilitation, traditional forms of counseling often lack interactive and participatory elements that help to individualize the process of counseling.

Recognizing the 4 core areas of development of the survivor - **physical, psychological, cognitive and social**, Kolkata Sanved proposes to develop a module for rescued survivors of trafficking, which will ultimately help them to build confidence, and become aware about her current context and situations

In particular, for the current project, the focus will be on providing coping mechanisms that will enable rescued survivors of trafficking face the judicial process and minimize trauma.

### **2.2 Expected Outcomes**

Overall Kolkata Sanved's model serves a dual objective of psychosocial rehabilitation of trafficking survivors and creating a sustainable career option as trainers or peer educators of DMT in the community. Equally, the project hopes to contribute to the development of quality standards in reintegration and recovery programmes in collaboration and partnership with concerned NGOs and Government by introducing and encouraging DMT training in support of counselling and care services provided in the shelter homes. It is expected therefore that:

- A mechanism of collective approach to ensure effective rehabilitation will get established.
- Confidence level of the survivors will increase and self awareness of healthy mind and body will also develop.
- DMT module will be introduced in anti-trafficking programmes formally and partner organizations will develop the capacity to use the module in anti-trafficking programmes.

### **2.3 Expected DMT Module related outcomes:**

With reference to the DMT module that will be developed and executed, the expected outcomes are outlined below:

- To master courage and self confidence to identify the traffickers
- To effectively confront the traffickers during trial in court
- To overcome the fear of social stigma and mental set-back of being a victim of an

unpleasant act that often causes the victim to either remain silent or to change her testimony in the court

- To overcome negative feelings and interpretations of their bodies and selves, something that is typically associated with violence-associated experiences
- To restore lost self-confidence, faith, trust, love, care and respect for the body
- To heal and recover from the trauma, thereby enabling the survivor to re-affirm her social identity, rebuild self-esteem and confidence through the entire process of facing the prosecution and reintegration
- To become aware of the present situation, to identify one's potentials and to opt for a sustainable career option
- To develop a positive attitude towards life leading to empowerment of thought and action

#### **2.4 Objectives**

- To promote a collaborative approach among the various stakeholders towards an effective rehabilitation.
- To generate awareness and promote the understanding on DMT as an innovative technique to psycho-social rehabilitation

#### **2.5 The Sustainability plan**

The project will build capacity within the partner organizations (through DMT peer educators) to include DMT within their programmes. Use of DMT in anti-trafficking programmes will advocate integration of DMT within rehabilitation programmes for trafficking survivors.

*Added value and cost-effectiveness:* The strategy to build capacity of rescued survivors of trafficking to become peer educators to provides them with a skill to be economically independent.

In addition to its therapeutic value dance is adapted through specially choreographed performances for advocacy, awareness building. Performances also provide an opportunity for survivors to interact with 'mainstream society'.

Strategy to build capacity within partner organizations ensures replication at a minimum cost.

The project intends to build individual and institutional capacity and impact policy through the establishment of the module at the South Asia level to integrate creative therapeutic options within traditional anti trafficking programmes.

#### **2.6 Strategy**

- Designing and developing module
- Collaboration and networking
- Monitoring and evaluation.

## **3. DESIGNING AND DEVELOPING MODULE - RESEARCH FOR STRATEGY IMPLEMENTATION**

### **3.1 Objectives**

In order to implement the strategy towards designing and developing a DMT module, a research project was undertaken with the following objectives:

- a. Identify the emotional domains of the rescued survivors that may be addressed through DMT to work towards improvement and empowerment.
- b. Identify behavioral patterns if any, that may undermine the process of improvement and empowerment.
- c. Identify the contexts and processes (as perceived by the rescued survivors) that typically emerge within an institutional set up that may affect rehabilitation, specifically the survivors' interaction dynamics in the judicial process.
- d. Identify the steps involved in the survivors' journeys following rescue up to the judicial process (*In order to gauge the phase in which DMT may be introduced*)
- e. Identify context-appropriate boundary conditions needed to evolve a dynamic and adaptive DMT module

### **3.2 Methodology**

Being an ACTION oriented research, a qualitative research methodology involving primary level data collection was conducted.

The steps followed in the research for data collection were:

1. Select a Partner NGO to access a representative sample of survivors and later collaborate in DMT module implementation.
2. Interview functionaries in Partner organization working in Rehabilitation and Reintegration and Government Shelter Homes.
3. Elicit data from the functionaries on the rehabilitation and the reintegration process, the role of the key stakeholders in the process, how to identify the gaps and the challenges faced, and other perspectives on the needs of the trafficking survivors that can possibly be addressed through DMT and the format of the DMT module.
4. Conduct DMT workshop with survivors to bring out the challenges they face during their prosecution.

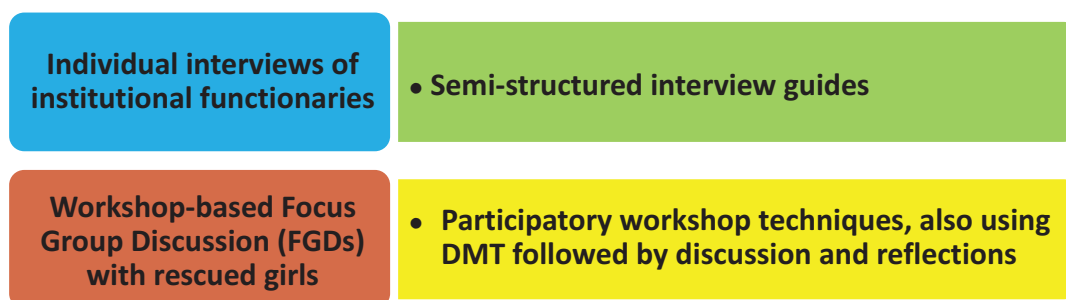
Figure 1. DATA COLLECTION STEPS



### 3.3 Sample Selection

The Sample Selection was done in collaboration with Save The Children India Foundation, working in the domain of rehabilitation for more than a decade. In many ways, this was **convenience sampling**, due to the time and resource restraints. Given this condition, the functionary-level respondents were from a particular Government Home (the largest in the country) and the Partner NGO (with experience of more than a decade in running rehabilitation and reintegration programs for rescued survivors of trafficking). The survivors all belonged to the above-mentioned home, in the **Minor Wing, and were all girls**.

Figure 2. DATA COLLECTION METHODS AND INSTRUMENTS



#### Data was collected through:

- Individual interviews of institutional functionaries
- Workshop-based consultations with the girls.

For data collection, **a triangulation method was strategically incorporated** into the research design to give weight to the perspectives of both the primary (rescued survivors) and the secondary (functionaries involved in the rehabilitation process) stakeholders. During the analysis, data from the different sources provided opportunities to look at commonalities and differences in the perspectives and helped build stronger rationales for features to be incorporated in the module.

Instruments used were:

- a. Semi-structured interview guides for the individual interviews
- b. Participatory workshop techniques, also using DMT followed by discussions and reflections

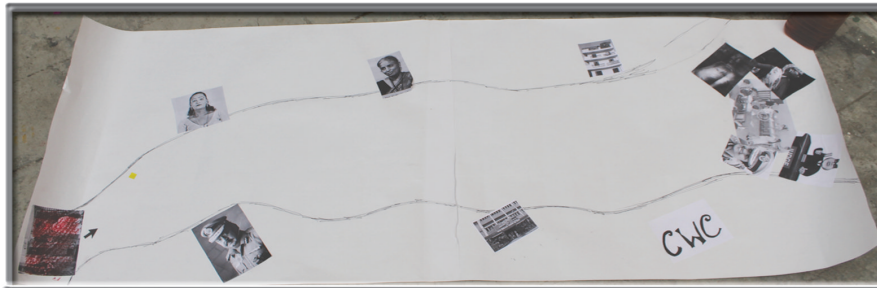
The workshop design is described in the table below:

**Table 1. Outline of Workshop design**

<b>Group: Survivors of Trafficking</b>	<b>Topics</b>	<b>Activities</b>	<b>Methods</b>	<b>Materials Used</b>	<b>Outcomes</b>
<b>Day 1: Part I</b>	1. Introduction; Rapport Building; Building trust	a. Introduction through Ice- breaking exercise	1.DMT Exercise (with balloon) and 2.Conver- sational feedback.	Balloons, Music	Participants open up Body movements observed for interpretation by Dance Movement Therapist, Sociologist, Psychologist
<b>Day 1: Part II</b>	1.Role Play Activity - triggered by Visual Imagery and Story- making - to understand perception of barriers and emotions surrounding	a. 15 minutes brainstorming with on the visual with discussion and interpretation of the image b. Divided into 2 groups, participants develop story line with the Girl as a protagonist c. Develop role play with dialogues d. Rehearse e. Present f. Discuss with Psychologist both role plays g. Free Dance h. Healing touch  General feedback and Closure	1. Disucssion with Visual Image 2. Group work 3. Focus Group Discussion	1. Image	Participants open up further. Engage in story- making and role playing focusing on a third person to prepare ground for personal story telling next day  Reveal perceived barriers and relationship issues, desires, expectations  Body movements and reactions observed by Dance Movement therapist, Sociologist, Psychologist  Feedback and responses on the day taken to build upon next day



<b>Group: Survivors of Trafficking</b>	<b>Topics</b>	<b>Activities</b>	<b>Methods</b>	<b>Materials Used</b>	<b>Outcomes</b>
<b>Day 2: Part I</b>	1.Dance on strength as energizer	1. Participants move and voice one feature in them that characterizes their strength	1. DMT	1.Music and Movement	1.Participants made to open up and energized for the day 2.Movements and Verbal responses observed by Dance Movement Therapist, Sociologist, Psychologist
<b>Day 2: Part II</b>	2.Journey and Emotion Mapping: From Rescue to the Court	1.Participants identify emotions they have around - Police, Social Worker, Brothel Owner-Malkin, Police Station, CWC, Shelter Home, Judge, Public Prosecutor, Trafficker, Emotions: Fear Guilt, Disgust, Mistrust, Anger, Support, Care Encouragement	1.PRA mapping technique. a. Each participant given a chart paper with representative cut-outs of agents given. b.Bowls with coloured paper bits each representing one emotion placed and participants asked to stick the papers according to the emotions they felt about each agent. The more the number of paper bits of the same colour, the more the intensity of emotions 2.FGD - On activity, how participants want to change the environment and what they want to change in themselves. 3.Relaxation movements and closure	1. Chart paper 2. Paper and Magazine cut outs 3. Bowls with bits of coloured paper 4. Glue, scissors, Crayons etc.	1.Participants identify emotions and intensity of emotions around agents in their post-rescue environment. 2.Participants voice what they want to change in their environment and how they want to change themselves 3.Body movements, expression of emotions and discussions observed by Dance Movement Therapist, Sociologist, Psychologist

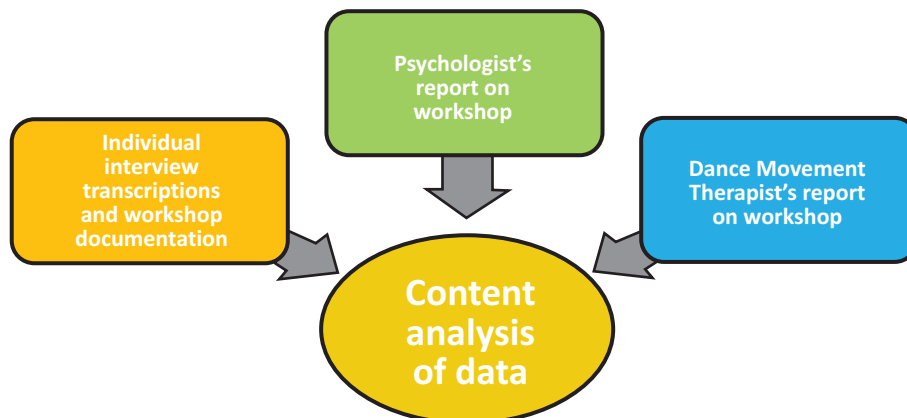


**Figure 3. The Mapping of Emotions Chart for each participant**

Data analysis involved the following steps :

- a. Written documentation leading to transcription of the individual and group responses
- b. Content analysis of :
  - The interview and the workshop response transcriptions
  - Psychologist's report of the workshop responses
  - Dance Movement Therapist's report of the workshop responses

**Figure 4. PROCESS OF DATA ANALYSIS**



Details of the following appear in the Annexure:

- a. Consent Form
- b. Transcription of all interviews
- c. Documentation of workshop proceedings
- d. Psychologist's report of the workshop
- e. Dance Movement Therapist's report of the workshop
- f. Individual Interview Guide
- g. Session-wise description of the workshop methodology

### 3.4 Profile of Participants

A group of professionals and female survivors of trafficking were interviewed to elicit the required information and to understand the issues from the perspectives of both the rescued survivors as well as the decision-makers and implementers engaged in various capacities in the process of rehabilitation. See table below for details:

**Table 2. Profile of Primary and Secondary Stakeholders**

PRIMARY STAKEHOLDER PROFILE AND LOCATION	
1.10 female survivors of trafficking in Mumbai, aged between 15 & 19 years,	Rescued survivors of trafficking currently staying in government run shelter home and facing court prosecution
SECONDARY STAKEHOLDER PROFILE: FUNCTIONARIES	
ROLE DESCRIPTION	LOCATION
1. Deputy Superintendent	Government run home for Minors
2. Probation Officer	Government run home for Minors
3. Counsellor -CLINICAL PSYCHOLOGIST SPECIALIZED IN HANDLING TRAUMA	Partner NGO running rehabilitation and reintegration program for rescued girls
4. Advocate-SPECIALIZED IN RESCUE CASE HANDLING	Partner NGO running rehabilitation and reintegration program for rescued girls
5. Policy maker, Strategist, Vocational Training Specialist	Partner NGO running rehabilitation and reintegration program for rescued girls
6. Program Manager, Policy Maker, Strategist	Partner NGO running rehabilitation and reintegration program for rescued girls

## 4. RESEARCH FINDINGS

The research findings may be interpreted as pertaining to trafficking survivors in the adolescent (Age 15-19 years) category.

Given that, the findings of the research attempt to answer the following questions in the context of the research objectives:

- a. What are the steps involved in the survivors' journey following rescue up to the judicial process?
- b. What are the emotional domains and behavioral patterns of the survivors that can be addressed through the DMT module?

**c. What are the environmental factors that need to be considered while developing the DMT module?**

**d. What is a suitable structure for the module?**

**e. What are the benefits of the module?**

These questions are addressed in the ensuing sections.

**4.1 What are the steps involved in the trafficking survivors' journey following rescue up to the judicial process?**

Those rescued from situations of trafficking and sexual exploitation receive their first organized support and protection from the police.

Following medical examination, the rescued child is brought before the Child Welfare Committee (CWC) which decides on the appropriate shelter for their institutional care and protection. In cases where parents approach the CWC and the committee considers it safe and in the best interests of the child, then the child is sent home directly.

Once the child is sent to the shelter home, their daily routine falls into a regimented pattern following the norms set by the home. Apart from the residents who are peers, the house mother, Probation Officer, Counselor and Vocational trainer, and Teacher are the primary care providers in her life. A glimpse of a girl's daily routine reported by the Probation Officer bears evidence to the same:

*An example of a daily routine followed by the girls in a shelter home is as follows:*

- *Up to 10:00 am: Bath/ Breakfast (not all at once)*
- *11:00 -1:00: The teacher from Pratham comes to provide education in basic literacy through multi level classes*
- *1:00 - 3:00: 2 hours lunch break, after which they either loiter or sleep*
- *3:00 - 4:00: Vocational training on jewellery making is offered by an NGO. Those who want to participate are welcome*

*Counselling sessions are also conducted throughout the day.*

The following list of NGOs along with the services that they provide reveals the weight given to Counselling in this phase:

- *Pratham: education*
- *Prayaas: livelihood, life skills*
- *IJM: counselling (legal)*
- *OASIS: counselling (legal/psycho)*
- *Arpan: medical/psycho service*
- *STGI: livelihood/life skills*

The journey of a trafficking survivor up to the shelter home and her mental state at the time is also outlined in the following observations by the Deputy Superintendent of a Shelter home:

*After the raid and rescue, a medical test is conducted to determine whether a girl is a minor or a major because there is often confusion.*

*After medical detection- she is produced in front of the CWC where the order to stay in the shelter home is passed. A home inquiry is conducted and a report prepared after which the NGO, Probation Officer and the CWC makes a decision about the child. The Probation Officer looks after the injury and reports about the child. The Probation Officer's report comprising of home enquiry and what kind of training the girl needs goes to the CWC.*

*After about 15 days they are placed in front of the CWC (which depends upon the availability of female police constables and transportation).*

A Probation Officer also mentions the following about a girl's interaction with the CWC:

*After 15 days we have to send a progress report to the CWC about every child. Legal counselling takes place. A mock session is done with them before they are produced before the court.*

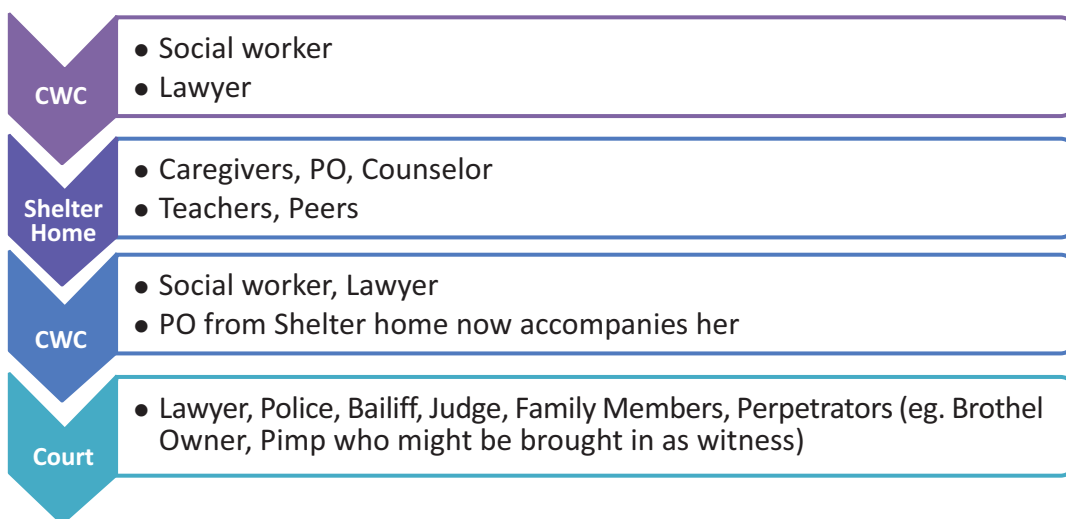
The above comment reveals that typically a survivor is taken to the court about two-or three weeks following her rescue. She is given some guidance and taken through 'mock sessions' that help them to face the proceedings in the court.

In the 'mock session', the following list of people that they will interact with in court emerge:

- a. Accompanying social worker, usually the PO from the Shelter home
- b. Police
- c. Bailiff
- d. Lawyers (both government lawyer and lawyer defending the accused perpetrators)
- e. Family Members (Parents if possible)
- f. Brothel Owner (Mostly addressed as "Malkin")
- g. Judge

In summary, following rescue, a survivor's journey involves experiencing interactions in police custody, a medical examination, with the CWC, at the shelter home and then repeated

visits to the CWC intermingled with trial proceedings in the court. The following figure encapsulates these steps and shows the key institutional representatives and other adults that she interacts with during this phase:



In developing the DMT module, one of the key tasks is to understand the emotional state of the survivor during these interactions and any specific emotions that she might harbour vis-a-vis any of the institutional representatives and adults.

As a result, we looked for behavioural patterns that were emerging from the group as a whole, while keeping in mind that each individual would have exclusive and unique issues that would have to be worked upon.

#### 4.2. What are the emotional domains and behavioral patterns of the trafficking survivors that can be addressed through the DMT module?

In order to gauge the emotional 'blocks' faced during the judicial process, the general emotional state of the survivor must be understood. Our interviews with the functionaries as well as the workshop with the survivors themselves revealed **six key areas that need to be addressed in the DMT module. Addressing these six areas will strengthen the psycho-social process of rehabilitation as a whole, as well as address the 'blocks' faced in the judicial process.**

##### 4.2.1 Perception of Self-Image

One of the key areas that emerged from both the interviews and the workshop with survivors was that of self-image. The caregivers almost unanimously felt that the experience of being trafficked robs the girls of their self-image as the guilt, stigma, anxiety and depression associated with this phase in their lives makes them feel that they have absolutely no worth.

They blame themselves for what happened to them which further corrodes their sense of self. The following excerpts from the interviews of functionaries elucidate this issue:

*a. The girls do not have a self-image' (Program Manager, NGO running Vocational and Rehabilitation program for Survivors)*

*b. We know that they are disturbed because they also have self-hatred (Deputy Superintendent, Government Home).*

*c. They have serious issues with their self-concepts as they have very poor self-esteem. Their sense of self-worth is violated and they hate themselves for being deceived and for the violation of their privacy. They feel anxiety, depression, guilt and shame and a sense of betrayal. **They have no concept that they are able to do anything which is worthwhile** (Psychologist-Counselor, NGO running Vocational and Rehabilitation program for Survivors).*

The condition of the survivor in court as described by the Legal Aid advocate also reflects how a lack of self-worth leads her to 'withdraw' in court, which in turn affects her trial process.

*The victims are frightened, threatened, have a sense of hopelessness and low self-worth. When the girl comes to know that the person whom she trusted was the main betrayer, she refuses to accept the fact and develops a tendency to withdraw in court (Advocate, providing legal aid to trafficking survivors).*

The Dance Movement Therapist's observation report of the workshop also reveals evidences of eroded self-image manifest in the physical movements. The excerpt below elucidates:

- *Small use of kinosphere (an activity with a stretchable cloth) showed that the girls were hesitant. There was shyness of the body.*
- *The girls were not able to close their eyes, or stand and/or sit in one place for more than 5 minutes. This shows their low attention span, lack of concentration, and instability.*
- *Head movements were mostly down as well as body posture - portraying a lack of confidence.*
- *Movements were indirect and light instead of bold and direct. This portrayed a lack of self-assurance and grounding.*
- *During the blasting balloons activity, movements were made to hide the body, depicting fear.*
- *During the circle movement with body and voice -participants were unable to think about a positive word to describe themselves. They merely imitated the facilitator. This portrays that they did not perceive themselves as strong individuals.*
- *One participant was unable to relax even in the lying position. Her body was always closed.*
- *One participant exhibited a constant tendency to sleep and refusal to engage in any movement, giving constant excuses. Her entire movement language portrayed denial as well as attention-seeking.*

Overall, it becomes quite clear that the DMT module needs to **based on building self-Image as a foundation upon which the remaining areas can be addressed**. Once the issue of self-image is explored and dealt with, the remaining areas can be addressed.

#### 4.2.2 Anger

- a. *The children are disturbed when they come. They sleep during the day and wake up at night. It takes about 6 months to notice a change in them. They dislike the food as they are used to fancy food during their stay in the brothel... they are disobedient; and they hate each other.... (Deputy Superintendent, Government Home)*
- b. *Initially when the children come they feel angry, hurt and exhibit a lack of trust towards each other (PO, Government Home)*
- c. *They desperately want to prove themselves. That expression at times is very aggressive and they have a lot of anger towards those who have cheated them. (Psychologist-Counselor, NGO running Vocational and Rehabilitation program for Survivors).*
- d. *I want to control my anger (Workshop participant, Trafficking Survivor)*
- e. *I want to manage anger and in order to release, I will cry (Workshop participant, Trafficking Survivor)*

All of the above quotes clearly indicate the presence of pent-up anger emerging as a natural outcome in the situations that survivors face. The workshop observation reports of the Dance Movement Therapist and Psychologist also bear evidence to the same. The following excerpt from their reports shows this:

*"The punching movement, wild jump portray anger and frustration"*

In the Psychologist's report describing survivors' participation in an activity where they map their journey from rescue to trial on a chart paper identifying the agents they interact with and the emotions they attach with them, the following observation shows the presence of anger and the need to release:

*They felt the pleasure in sticking their negative emotions on the detested characters. There were also verbal sharing of the emotions felt towards those people and a spontaneous exchange of perceptions about these people which varied according to the individual's experience. For example, while some expressed disgust about the police, including sharing anecdotes of police atrocities, one or two spoke positively about them holding instead parents responsible for their plight.*

*There was an emotional venting through this exercise which finally culminated into them wanting to stick more than one emotional chit on a character. For example, if they felt anger towards the trafficker, they wanted to stick as many reds as they wished on his photo. This led to an emotional release for many which they achieved verbally and through this action.*

*Their feedback also reiterated this- everyone expressed a positive feeling after doing the activity. While some spoke of feeling relief after venting, some spoke of feeling*



*a sense of peace, while others shared that they no longer felt any anger and felt very relaxed. The task that was designed to glean information also turned out to be therapeutic for the girls in terms of an emotional catharsis.*

*The changes that they wanted in themselves were ... to be more assertive and to control their anger. The anger was their reaction to the various provocations and finally being assertive to overcome their feelings of weakness, fears and anxieties.*



**Figure 6. The Survivor's journey from rescue to the court, People she meets and associated emotions differing in intensity (apparent from the number of paper bits on each photo)**

All in all, the presence of anger and the **need for a process to result in emotional catharsis** is evident. The DMT module can play a significant role in facilitating this process. It can take the participants through a process of becoming aware of the anger, accepting that it is fine to have the anger, identifying the triggers that generate the anger and then going through a process of venting, releasing and ultimately coping with the anger.

#### **4.2.3. Insecurity**

Yet another factor that clearly emerges from the interviews, feedback of survivors and observation of the Psychologist and Dance Movement Therapist is the feelings of insecurity. In the context of the current research, this emanates primarily at two levels:

The first pertains to a sense of being almost serially uprooted and separated from their family, first from home due to trafficking, then from the brothel following rescue. During the latter, they are institutionalized and are not allowed to talk to their family members during the investigation process. The strangeness of living in a completely new set-up in the institution, the constant interaction with 'strangers' (police, social workers, doctors, etc.) with the simultaneous detachment with family members creates this deep sense of insecurity. The following excerpt from a Home Functionary interview elucidates:

*The girls constantly probe the care providers to call their relatives. In the mean time, if the relatives get the information that the girls are in the shelter home then they wait outside the shelter home premises but are not entertained unless the investigation is completed. When they are not allowed to meet their relatives, their disturbance aggravates (Deputy Superintendent, Government Home).*

In the Psychologist's report on the workshop, an interpretation of role play and description of participant feedback following role play also brings up the issue of security and need for protection, particularly from a mother-figure and/or a male protagonist:

*Several other wishes and needs were also expressed such as a strong need for a caring, protective and nurturing mother figure, the need for financial security, and stability. The feedback also reaffirmed these findings with an additional need expressed by the quietest participant: she had played the role of the father figure and shared that she liked the role of a silent, protective father- a revelation*

*The 2nd group's theme underlined the internal and external struggle in the form of a hostile environment for girls. The struggle was in the form of fear of the opposite (mostly unknown) sex. At the same time, there is an underlying need for a protective contemporary opposite sex figure, although he is seen as somewhat chauvinistic.*

*There was also a need for just and protective policemen, who do their jobs sincerely. Both of the groups' themes had a positive ending which reflected their underlying hope for their future. Unfortunately, a sense of helplessness amongst the girls in the face of external danger was also revealed. This included physical and emotional danger, and their dependence on the opposite sex (in the form of boyfriend, husband, father, policemen) to save, support or protect them.*

At another level, our research findings showed that the process of trial also endangered a sense of security out of fear of the Judge, as well as in some cases a lack of sensitivity on the part of the court police and lawyer. The Probation Officer (Government Home) commented, *"In the process of prosecution the children face Fear, Shame, Guilt, Stigma and Uncertainty."*

In the workshop, almost all the survivors (barring two) commented that they felt 'fear' in the courtroom, and when they were questioned on what they feel they needed to change in their behaviours, the majority of them stated that they did not want to feel fear. The following comments of three of the participants encapsulate the feelings of almost the entire group:

*"I want to overcome my fear. I do not know who I fear the most but I think I fear the long intervals between the hearing dates the most."*

*"I am always anxious about what verdict the judge will pass."*

*"I am scared of the judge and do not speak at all."*

The Psychologist's report also states: "The changes that they aspired in themselves were mainly overcoming their fears....The fear was surrounding the attitude of the judges, policemen as well as family members."

How the lack of sensitivity on the part of police can also serve to undermine a victims' sense of security becomes evident in the following comment of the Legal Aid Advocate:

*There is the prejudice point of view of the police. This also becomes evident in the court. The police needs to be sensitized. Evoking sensitivity in the police and empowering them on all the available legal tools and generating awareness on the same can bring about a change in the system. The paper work done in the process should be strengthened. Materials are often available but not used.*

The outcome of such systemic persecution affects court procedures, particularly the length of the trial. In the process, the sense of security of the survivor is further undermined. The following comment of the Legal-Aid Advocate elucidates:

*The duration of cases varies from victim to victim. Some victims show hostility and a lack of trust in the court procedures. So they do not reveal anything. In such situations, one has to respect them. One needs to gain their trust and then initiate discussion with them. This is a very sensitive area, and one needs to tread very carefully.*

In conclusion, identifying the triggers for feelings engendering insecurity and trying to develop coping mechanisms to deal with the same, is another significant area for the DMT module to address.

#### **4.2.4. Verbal Articulation and Expression**

Blockages in verbal articulation emerged as yet another area that requires addressing through the DMT module. The counselor interviewed for this research conducts sessions with survivors. She categorically mentioned that inability to verbally articulate feelings and expressions lead to pent up emotions that further undermine mental well-being.

In the dance movement therapist's report, this was also observed during a particular activity when the survivors were asked to verbally articulate any ONE of their perceived strengths. NONE of the survivors could actually do so, and they repeated the example provided by the facilitator.

Moreover, when asked what they would like to change about themselves, a majority of the respondents shared that either they were "too afraid to speak", either in the past or still in the present. Some examples of such survivor comments follow:

*"I have gathered courage and will not stop talking in the courtroom. I will express my thoughts so that the judge can notice the change in me too."*

*"I have now gathered courage and confidence to face and answer questions."*

*"I fear and am frightened of the judge but I should gather courage and answer all the questions asked with a lot of confidence."*

*"I am scared of the judge and do not speak at all."*

Creating spaces for verbal articulation would be another desired feature of the DMT module. A process that helps to shed inhibitions, leads to association with words and triggers imagination are the desired outcomes

#### **4.2.5 Handling relationships**

Issues related to relationships was perhaps the most critical and sensitive domain that emerged during the research.

The fact that the survivors "show no participation" in any process in the Shelter home and have "regular fights" with peers (mentioned by both the PO and Deputy Superintendent of the Government homes) bears evidence to the lack of balance in dealing with any relationships during this phase.

The following observation of the Counselor-Psychologist of the NGO running Rehabilitation and vocational training programs for the survivors said that:

*The girls come and share thoughts about their relationships. In most cases the perpetrator is the one with whom the girl has entered into a relationship with. The majors are married either legally or illegally. Minors are cheated and trafficked with promises of marriage. Those who are on the threshold of adulthood crave a sense of belonging. Due to their dysfunctional relationships, their concept of love is not mature. Hence they face betrayal. They get attracted to someone from the opposite sex and want to get married even after they have been betrayed by them. In many cases, these relationships are exploitative and the victims enter a cycle of vulnerability. This is truly a vicious cycle.*

Interestingly, when showed a visual trigger depicting an adolescent girl and a boy standing on a rugged terrain and asked to create a story line and role play on the same in the workshop both groups created stories on relationships where a parent figure (mother or father) and a male lover appeared.

The following matrix reveals the relationship dynamics as well as the interpretation of the participants on the role plays:

**Table 3. Relationship dynamics and interpretation of participants on the role plays**

<b>Feelings about the characters enacted: Group 1</b>	<b>What was the internal reaction of the audience when they saw Group 1's role play</b>
The mother was very protective and ensured that her child had a safe marriage	The father played a passive role while the mother was very active. The father should be the decision- maker of the family.
The father's responsibility of taking care and looking after the daughter was appreciable	The mother's active role was overshadowing the role of the father, but the protective mother reminded me of my father
The ongoing affair between the boy and the girl was tested before any commitment was made	The girl reciprocated the boy's love which was appreciable
<b>Feelings about the characters enacted: Group 2</b>	<b>What was the internal reaction of the audience when they saw Group 2's role play</b>
The police officer was a kind person	The goons did not have any bad intentions and did not harm the girl. They were merely thieves
The goondas were portrayed as thieves, not very harmful	The boyfriend rescued the girl on time and in reality, the situation should be the same
We tried to portray a good image of the boy who was protective about his girlfriend	The doctor and the nurse were good and kind as they had saved the life of the girl

Overall it was evident from the role-plays that the girl in both stories was meant to be the protagonist according to the directions given by the facilitator. The problem is that the girls WERE NOT TAKING ANY DECISIONS ON THEIR OWN. Although her wishes were apparent, she played the role of the helpless and coy woman in distress, while the pro-active action oriented decision making was being done by the 'MOTHER', 'FATHER', and 'LOVER.'

The following observation of the Psychologist corroborates: *"At the same time, there is an underlying need for a protective contemporary opposite sex figure although he is seen as somewhat chauvinistic."*

Our findings show that interpretation of relationships, specifically with intimate family members influences the mindsets of the survivors quite significantly. The adult functionary interviews also revealed that following the trauma of the trafficking experience, much of the victims' hurt is rooted in the conflict between the reality of their lives and expectations out of relationships. This may take the form of withdrawal, aggression and/or denial, all of which affect would affect the decisions that they take in their lives, both in the present and for the future. Consequently, management of relationship expectation would be a key area that would have to be worked upon in the DMT module.

#### **4.2.6 Long-term vision of life**

*"The girls are not able to express their goals in their lives and also cannot take decisions on their own and let others decide for them (Psychologist-Counselor, NGO running Vocational and Rehabilitation program for Survivors)."*

*"The girls do not have a long term vision of their lives. I think one of the main areas that needs to be addressed in the DMT module is to make the victims look beyond the present, into the future. Since they do not perceive the current situation as just a short phase in their lives, they fight over petty issues in the Shelter Home and get upset about insignificant things. If they were made to think about what they want to do with their lives, say five years from now and approach the rehabilitation process, their trainings from that perspective it would make an immense difference in their lives and in their personalities." (Program Manager, NGO running Vocational and Rehabilitation program for Survivors)*

Both of the above comments make it evident that working on a long-term vision of life would be yet another area that the DMT module can address. This would help the survivors take up a decision-making and planning role. Also, it would veer their attention away from petty issues that they get obsessed with in their daily lives in the Shelter homes to something more concrete, substantial and useful.

## 5. What are the environmental factors that need to be considered while developing the DMT module

A sociological analysis of the physical environment was done and the following elements emerged vis-a-vis the environmental factors that need to be considered while developing the DMT module:

- The atmosphere of the venue, be it the Shelter Home or any NGO where the survivors could travel for the DMT session. A fixed space in any of these facilities would have to be demarcated and these would have to be spaces with minimal external encroachment like incidental noise from other classes, canteen and so on.
- Infrastructure and facilities available in the venue, specifically electrical outlets for playing music. Availability of materials like chart papers, colours, cloth and so on would have to be ensured and/or pre-arranged.
- All official requirements for permission and consent would have to be completed and survivors would have to be selected in consultation with PO/Counselor keeping in mind any trial-order related restrictions and/or the psychiatric state of the participant.
- The environment in the court evident from the response of the participants and the dynamics of their relationships with various representatives in their journey to the trial following rescue would have to be kept in mind. The following table (Table 4) containing responses of the sample participants vis-a-vis their emotions about the people they meet post rescue is cited as an example:

<b>Table 4. Sample responses vis-a-vis perspectives about agents in the physical environment that need to be considered while implementing the DMT module</b>			
<b>Agents</b>	<b>Attitude</b>	<b>Behaviour</b>	<b>Other comments</b>
Police	<ul style="list-style-type: none"> <li>● Should Change their bribe taking attitude</li> <li>● Respect elders</li> <li>● Be honest</li> <li>● They should believe and have faith in the girls when they are telling the truth</li> <li>● Should not talk rudely</li> </ul>	<ul style="list-style-type: none"> <li>● Should be strict and effective so that the case can speed up</li> <li>● Speed up the enquiry process so that victims can be released from the shelter home fast</li> <li>● Should not arrest the girls without enquiring</li> </ul>	The police was kind and had rendered all help to speed up the process
Social worker	<ul style="list-style-type: none"> <li>● They are judgmental and think no end of themselves</li> <li>● Decisions are imposed on us and they do not take our consent at all, our consent should be taken into consideration</li> </ul>	<ul style="list-style-type: none"> <li>● They should help the police to speed up the enquiry</li> <li>● They should not arrest without reason</li> </ul>	<ul style="list-style-type: none"> <li>● Some of them are encouraging but I am scared of them</li> <li>● One of them did not have any interaction with the girls</li> <li>● They are helpful and good</li> <li>● They take bribes</li> </ul>

Agents	Attitude	Behaviour	Other comments
	<ul style="list-style-type: none"> <li>• They should not lie but do what they have committed</li> <li>• They should maintain confidentiality</li> <li>• They should not give us false hope</li> <li>• They should trust others</li> <li>• They should not hastily take decisions</li> <li>• They should be trustworthy</li> </ul>		
Malkin	<ul style="list-style-type: none"> <li>• They should not be shameless</li> <li>• They should be sympathetic and think that they too have daughters at home</li> <li>• They should not be greedy but should be happy with they have and with the income of their husband</li> </ul>	<ul style="list-style-type: none"> <li>• They should not lure others</li> <li>• They should not bluff</li> <li>• If they find a child who has got lost then they should safely guide the child back home</li> </ul>	
Police station	<ul style="list-style-type: none"> <li>• They should not ill-treat and use abusive languages</li> <li>• While talking to the child they should not make the child frightened</li> <li>• They should believe in the child's statement</li> </ul>	<ul style="list-style-type: none"> <li>• They should not touch and escort the girls to the court</li> <li>• They should maintain a boundary with the girls</li> <li>• They should not ask us to keep the door of the toilet open when we are using it</li> <li>• They should respect us</li> </ul>	<ul style="list-style-type: none"> <li>• The atmosphere in the police station is very threatening and we are scared of all present there</li> <li>• One of them said that the atmosphere is not threatening in the police station</li> </ul>
Child Welfare Committee (CWC)	All the 10 of them said that there was no need to bring about any change in the CWC as it was favourable for all of them		
Shelter home	<ul style="list-style-type: none"> <li>• We should be allowed to talk to our parents whenever we want</li> <li>• The gap between 2 phone calls to our parents should be reduced</li> </ul>		Two of them said that it is a good place and nothing should change

<b>Agents</b>	<b>Attitude</b>	<b>Behaviour</b>	<b>Other comments</b>
Court room	<ul style="list-style-type: none"> <li>• The judge should be more attentive and should be more sensitive</li> <li>• Should be a good listener</li> </ul>	<ul style="list-style-type: none"> <li>• The gap between hearings should be reduced</li> <li>• The judgement should pass order d in favour of the person who has not committed the crime</li> <li>• Girls should not use abusive languages with the judge and get into verbal fights</li> <li>• Verbal arguments between the girl and the judge should be reduced</li> <li>• The girl should not be asked incorrect questions and not be probed</li> <li>• Orphans should be taken care of as they do not have a home to go back to</li> <li>• The judge should behave properly with our parents</li> <li>• The police should not take bribes from the parents</li> </ul>	<ul style="list-style-type: none"> <li>• The fear of being asked questions and listening to the date of hearing is persistent</li> <li>• Scared to go the court</li> <li>• 50% of the girls get a chance to talk to the judge whereas the others reportedly did not</li> </ul>
Trafficker (both male and female)		<ul style="list-style-type: none"> <li>• They should be hanged to death</li> <li>• Should undergo life /3-4 years of imprisonment and be isolated from their family</li> <li>• They should be repentant, when their repentance would reach an extreme level then they should be released</li> <li>• Should be given 2 sets of clothing and food as it falls under human rights</li> </ul>	In the court room the parents, the victim, the PO, the lawyer and the judge are present but the trafficker is not present there. The trafficker bribes and escapes, the lawyer is bribed and gives false testimony
Court room police	<ul style="list-style-type: none"> <li>• They should not lie</li> <li>• They should be more sensitive</li> <li>• They should not do any such deed which would lower their self esteem</li> </ul>	<ul style="list-style-type: none"> <li>• They should allow the girls to meet and intermingle with their parents</li> <li>• They should behave well with their parents</li> </ul>	

The table above makes it evident that the trial process itself presents an environment of great complexity and may engender feelings of intense deprivation and exploitation. On the one hand. there is fear of physical and mental abuse and neglect of the self by the police, lawyer,



and even the judge. On the other hand, there is extreme anxiety about how the survivors' family member will be treated. Barring a few exceptions, the comments above make it quite evident that the survivors undergo their trials in environments that afford them the least human dignity. The DMT module needs to be implemented keeping in mind the realities of this environment and how it unfolds in the lives of the survivors undergoing trial.

## 6. What is a suitable structure for the module?

In order to elicit a suitable framework for the module responses were scanned to frame the following:

- Approach
- Time-frame
- Duration of session
- Frequency of session

In order to delineate the above we first looked at the average duration of stay of a survivor at a shelter home. The Deputy Superintendent's comment was considered on this issue:

*"The duration of a stay is 6 months for in-state children and for the out of state children, the maximum time span is for 1 year."*

Considering the above, it is suggested that the module may be designed for minimally 3 and maximally 6 months.

The other issue to be considered was also the flexibility of the module. Flexibility is required to accommodate variations in individual and group dynamics. Situational exigencies and issues arising on the spot may require innovations and change of directions.

A requirement for a separate module for **care-givers** was also suggested. The following comment of the Probationary officer elucidates:

*"The workshop should also be held for the care providers as the care providers are also human beings. They have tensions in their homes also, and often their outbursts are directed at the children. As a result,, they need it too."*

With regards to session duration, almost all the interviewees commented about the lack of attention span of the survivors, especially in their first month. The Deputy Superintendent mentioned one such instance: *"Introduction of Yoga was a failure due to timing constraints. They lack concentration and it is confined only to 15 minutes."*

Considering that, and keeping mind the requirements of the issue-coverage it is suggested that the session duration is **half an hour for the first week**. Then it may be extended to **one hour for the rest of the month** and then gradually increasing to **two hours for the remaining duration**. This should be done in response to the initial shortness of attention span and then gradually increasing the duration as the module progresses, assuming that the module would help the participants to increase their attention span.

If a care-provider module is implemented it may have a minimal **duration of One hour**, keeping in mind their time constraints during working hours.

As far as the time of day is concerned, if we look at the following routine as an example, we would find that a slot in the afternoon **between 3-5 pm** would be suitable for the group to which this routine belongs. **Understandably, a specific slot on a specific day of the week in consultation with the care-givers and the participants should be fixed.**

**Figure 7 Sample daily routine of trafficking survivors staying at a government home**

- Up to 10:00 am: Bath/ Breakfast (all do not do it at one go)
- 11:00 -1:00: The teacher from Pratham comes to provide education where basic literacy is given; multi level classes are conducted for the children.
- 1:00 - 3:00: 2 hours lunch break, where after their lunch they either loiter or sleep
- 3:00 - 4:00: Vocational training on jewellery making is offered by an NGO. Those who want can participate are welcome

With regard to frequency of session the following comment of an experienced program officer running rehabilitation programs for trafficking survivors for more than a decade needs to be considered:

*We need to consider the continuity of the session to keep the girls focused. If we do not do so then it will be difficult to retain their attention. So we have to have the sessions once a week.*

Considering all of the above, the following framework (See Table 5) is suggested for the DMT module:

**Table 5. Proposed framework for the Module**

	Approach	Time-frame	Duration per session	Frequency of sessions
	Flexibility in structure, Adaptive with ample room for variance. Separate module for care providers also suggested	Minimally 3 months Maximally 6 months with a customized follow up plan	Half an hour for the first week, 1 Hour for the rest of the month and then gradually increasing to 2 Hours for the remaining duration. Time of day to be customized to group availability.  Care providers module may be of 1 hour duration per session	Once a week

<b>Rationale</b>	Flexibility required to accommodate variations in individual and group dynamics. Situational exigencies and issues arising on the spot may require innovations and change of directions.	The duration of stay of survivors at the Shelter Home is unknown. Provision for a rapid and/or a long term session therefore is essential. Application will have to be in consultation with the PO/CWC who are aware of the trial situation of each participant	Responding to initial shortness of attention span and then gradually increasing the duration as the module progresses.	Essential to maintain continuity and sustain interest.
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### 7. What are the perceived benefits of a module such as this?

Finally, the perceived benefits of a DMT based psycho-social rehabilitation process were reviewed from the Care-givers' perspective. This was specifically elicited to understand how the caregivers felt since they would be directly working with the survivors through the trial and rehabilitation process. Any positive change they perceive would also affect their work positively. What follows is a list of comments made by the Deputy Superintendent, Probation Officer, Counsellor-Psychologist, Legal Advocate and Program Officer.

*Involvement in the process of DMT can reduce their guilt, shame and depression. Music should be used. Since there is no pressure, there is music and no time limit there can be an effect on the children (Deputy Superintendent).*

*It is important that all the stakeholders should work collectively for the rehabilitation of a single girl. The girls are languishing in the shelter homes, where there is no hope and they are unhappy with themselves. Any movement is good for the girls. For instance the girls are coming from the shelter home to the NGO for training and this is good for them (Counsellor-Psychologist).*

*It is a therapeutic process and could help them heal immediately after they are rescued and sent to the shelter homes. Mental health intervention should take place right from the time they are rescued. A quick model of 7-10 days should be introduced. Girls do not want to go to the counsellors in the home as they are probed. The general well being of the girl should be catered to (Counsellor-Psychologist).*

*DMT is associated with movement which is non judgemental and a sense of relief can be achieved from the fact that it is non-judgmental movement and can be set everywhere (Legal Advocate)*

*The girls should be trained in a normal environment ( in the mainstream wing) hence away from the shelter home (Legal Advocate).*

*Minors are much more receptive and will receive DMT but the requirement is for both minors and majors (Director of Vocational Training-NGO).*

*DMT can help the girls to revalue themselves, build their self confidence and self image. A creative medium can definitely work for them. A continuous process in the form of a 5 year plan can be helpful (Program Officer- NGO).*

A specific instance was also cited when use of DMT helped the girls to become more positive:

*"Since 2008 - 2009, IJM took DMT classes with the girls and it was seen that if the girls were allowed to move freely then they would veer towards exhibiting more positive thoughts."*

Overall then, DMT is perceived to be non-judgemental and movement invoking. These two qualities are associated with engendering:

1. Loss of Inhibitions
2. Release
3. Building self-confidence and self-image and
4. Helping girls to revalue themselves and become positive.

## 8. GOING AHEAD

This Action Research was conceived to enable the development of a realistic DMT module that would act as a tool for Psycho-Social support for trafficking survivors, specifically helping them to cope with trial process in the judiciary.

At the end of the research we found that the issues were all encompassing and addressing these issues at a holistic level would automatically influence a survivor's coping process at the judiciary. Specifically however, the issue of verbal articulation in front of the judge came out strongly as a key area that needs to be addressed.

Yet another factor that emerged strongly was the need to make the module flexible and adaptive to situations, consideration of a long and a short term module as well as a module for care-givers. Moreover, the contextual realities of the environment that the survivors live in and face in court also emerged as key factors that have to be constantly kept in mind while building the module. Overall, then the following concept and value proposition emerges for the DMT module:

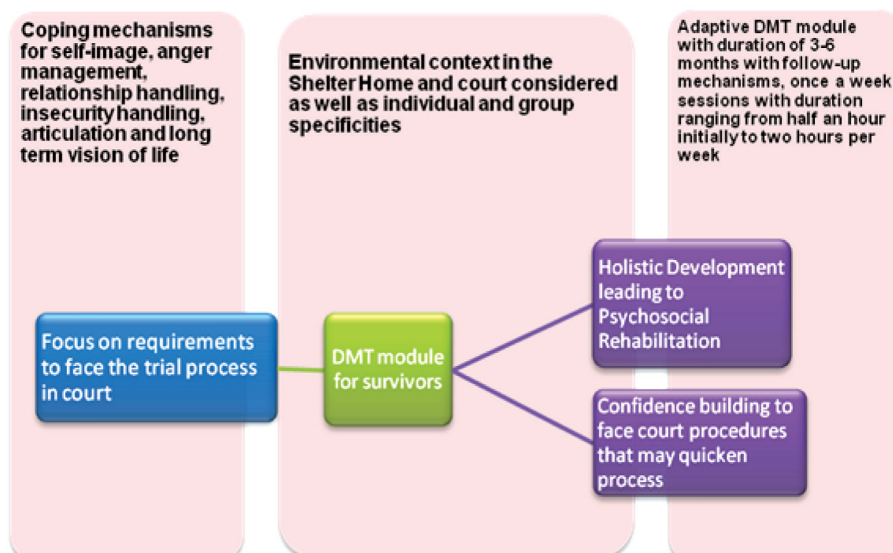


Figure 8. Concept and Value Proposition of proposed DMT Module

Given the above, the next steps involve the following:

1. Designing of a Pilot module by Kolkata Sanved.
2. Dissemination of Pilot module with Psychologist and Sociologist for feedback
3. Dissemination of Research findings with funding agency and collaborative partner for feedback and finalization
4. Dissemination of Pilot module (2nd Draft) with funding agency and collaborative partner for feedback
5. Finalization of first module for dry run with Collaborating NGO
6. Future implementation of module

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# Annexures

## Annexure 1

### Consent Form

Kolkata Sanved is developing a module on Dance Movement Therapy **for strengthening psycho-social rehabilitation in Anti-Trafficking programmes in collaboration with NGOs to create an effective and collective impact.**

The study aims to promote a collaborative approach among various stakeholders towards an effective rehabilitation and generate awareness and promote understanding of DMT as an innovative technique for psycho-social rehabilitation.

As part of the programme we are conducting a research by a team of experts. We are inviting you to participate in the study.

All information obtained in this study will be kept strictly confidential and anonymous unless permission is given by the interviewee to the interviewer for a specific context.

The results of this study will be presented collectively and no individual participants will be identified without their permissions.

We request you to kindly accord your consent for participation in the study in the format given below.

#### **Acknowledgement of Study, Consent, and Agreement to be recorded:**

I have been informed of and understand the purpose and procedures of this study and the purpose and procedures of this interview/these interviews.

I understand that I can choose to answer only the questions that I wish to answer.

I understand that the interview will be audio taped or digitally recorded and then transcribed.

I agree / wish not (circle one) to be videotaped.



**Permission to Quote:**

The research team may wish to quote your words directly in reports and publications resulting from this. With regards to being quoted, please check yes or no for each of the following statements:

<input type="checkbox"/> Yes <input type="checkbox"/> No	I wish to review the notes / recordings collected during my interview.
I agree that researchers may publish documents that contain quotations by me under the following conditions (checking YES to any of the below means that you grant copyright permission to the researcher for the purpose of publication):	
<input type="checkbox"/> Yes <input type="checkbox"/> No	I agree to be quoted directly (my name is used).
<input type="checkbox"/> Yes <input type="checkbox"/> No	I agree to be quoted directly if my name is not published (I remain anonymous).
<input type="checkbox"/> Yes <input type="checkbox"/> No	I agree to be quoted directly if a made-up name (pseudonym) is used.

**Permission to Donate Interview Materials to the Archives:**

- I agree to the donation of my interview to Kolkata Sanved's representative
- I wish to have the interview recording and transcription to be made available to researchers at any time.

**By signing this consent form, you are indicating that you fully understand the above information and agree to participate in this study.**

**Participant's signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Researcher's signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

If you have any questions about this study, please contact Sohini Chakraborty . This research has been reviewed and approved. If you have any questions or concerns about this study, you may contact the Director of Kolkata Sanved by e-mail at [sohinidance@gmail.com](mailto:sohinidance@gmail.com).

## Annexure 2

### Interview Guide: Supervisors/Care-givers

1. Introduction to the research (Why we are here?)-Purpose: Key Purpose: Developing DMT Module on Prosecution process related trauma for Trafficking Survivors
2. Please describe your work here? How long have you been involved with this kind of work?
3. What is the general profile of the inmates here? (Situations they are rescued from/range of age, duration of stay, places of origin, languages spoken and so on)
4. From the time they come here -till they leave - what are the steps they go through vis-à-vis rehabilitation and judicial procedures?
5. What are the challenges they face in dealing particularly with the judicial processes? What do you think are the root causes for the challenges they face?
6. What are the rehabilitative steps integrated into your system to help children to cope with these challenges? (**Probe for examples - of intervention and positive impact if any**)
7. Have you ever envisaged of/implemented any process that would help children/girls deal with the judiciary process related trauma and challenges?
8. Do you think having an intervention that would help girls deal with this trauma would help? If yes - what should be the nature of the program? What should be the key elements addressed? What should be the duration - at a time/in number of days? What are the issues that should be avoided?
9. Any other suggestions/questions?

Thank you for your time...

## Annexure 3

### GUIDELINE TO WORK WITH SURVIVORS IN MUMBAI

1. **Date:** 29th and 30th January 2013
2. **Participants:** from Government shelter home
3. **Participants Number:** 10
4. **Participant's age:** 15-19

5. **Time of Workshop:** 10a.m.-5p.m.
6. **Venue of workshop:** Within Govt. Shelter home
7. **Workshop will conduct by team of Kolkata Sanved**
  - Sohini Chakraborty- Dance Movement Therapy Facilitator
  - Dr. Arna Seal: Researcher
  - Barnali Ghosh: Psychotherapist
  - Lopamudra Mullick- Documentationist
  - **1 individual From STCI**

8. **Value / Principle of the Work:**

- Equal participation
- Provide a safe space
- Respect for each other
- Survivor's voice is heard
- Maintain confidentiality
- Survivors name will not publish without their consent

**NO OBSERVER WILL BE ALLOWED DURING THE PROCESS EXCEPT WORKING / FACILITATOR TEAM**

9. **Training Material will be using For The Workshop**

- Balloons
- 30 Chart Paper
- 10 glue stick
- 8 marble papers (yellow, red, green, blue, brown, pink, gray, black)
- CD Player
- CDs,
- 8 Bowls For prepare emotions
- Draw the characters and photocopy for 10 participants
- Crayons
- A4 size papers

**THE ENTIRE GUIDELINE FOR THE 2 DAY WORKSHOP**

**GOAL: Finding out the blocks / challenges they face during their prosecution**

**DAY 1: 29TH JANUARY**

- Arrival at Shelter home : 9.45 a.m. so that we can start at sharp 10a.m.
- 10a.m.-10.15: a brief introduction with 10 girls and working Team
- 10.15-11.30: Conduct DMT activity to overcome inhibition - Sohini Chakraborty
- 11.30- 12noon- Focus group discussion and feedback on Activity - Barnali Ghosh

12.00–12.05 : 5 minute break

- 12.05-1.30: Visual Imagery and Storytelling activity through picture on obstacle to identify internal and external barriers. - Dr. Arna Seal
- Stages of storytelling :
- 15 minutes brainstorm on obstacle with the visual imagery
- Divided into 2 group and participants will develop the story with roles

1.30–2.30 : Lunch Break

- 2.30- 2.45: Practice and rehearse the story by participants
- 2.45- 3.00 : 2 groups will present the story
- 3.00-4.00: Focus group discussion on the activity - Barnali Ghosh
- 4.00-4.15- Free Dance - Sohini
- 4.15- 4.25: Healing touch - Sohini
- General feedback and Closing the Day

## **DAY 2: 30TH JANUARY**

- Arrival at Shelter home : 9.45 a.m. so that we can start at sharp 10a.m.
- 10a.m.-10.10: a dance on strength as energizer
- 10.10-12.30: Crating My own journey / road map with emotion through colors and picture to see the post rescue scenario on their eyes - Barnali Ghosh
- We will be working on following emotions / feelings during the ' Journey' :
- Fear
- Guilt
- Disgust
- Mistrust
- Anger
- Support
- Care
- Encouragement
- 12.30–1.30: Focus Group discussion on the activity and feedback - Barnali Ghosh

1.30-2.30 : Lunch Break

- 2.30p.m. 4.00p.m.: Brainstorm session with the group how they want to change the situation and what we need to do to bring a change.

Collect their view point into 2 areas

- Self
- Environment / External
- 4.00-4.15: Free Dance - Sohini
- 4.15- 4.25: Healing touch - Sohini
- General feedback and Closing the 2 Day session.

4.30p.m.: Leaving For Airport

## Annexure 4

### Psychotherapist's Report

**Aim:** To create a baseline for creating a module for the survivors of trafficking facing prosecution in Mumbai.

**Objective:**

1. to lower inhibition, build rapport through dance movements.
2. to identify internal and external blocks/challenges in the form of emotions, conflicts etc. and, post-rescue environment respectively.
3. to identify changes (in the survivors and stakeholders) needed to help bring about a positive and amicable court verdict.

**Recipients:**

- 10 female survivors of trafficking in Mumbai, aged between 15 & 19 years, currently staying in the Government shelter home and facing court prosecution.

**Resource Persons:**

There were 4 resource persons-

1. a dance movement therapist
2. a documentationist
3. a psychotherapist
4. a sociologist

**Methodology:**

The methods used were sourced following principles of sociology, psychology and dance. These were-

- i. dance movements
- ii. story completion through pictorial representation
- iii. an emotional road map from rescue to court prosecution
- iv. FGDs
- v. Brainstorming
- vi. Plenum discussion

### **A brief summary & reflections on the 2 days workshop process:**

The workshop started with an air of anticipation amongst the participants who were aware that there would be dance involved in the workshop and hence felt stimulated and charged. Few were more passive with one complaining of a physical discomfort. The introductory session involved dance movements as a means to introduce themselves as well as to reduce their inhibitions-bodily and mentally. The activity did help in a greater engagement through an element of fun, independent movements as well as focusing on the exercise to keep up with the instructions. The activity was modified a little because of some changed dynamics in the group. The level of participation was mostly equal with only a few taking time to engage or, selectively engaging in a sub-part. The feedback of the session threw up responses like enjoyment, fun, concentration, with few participants also going further deep in associating positive memories of childhood to the activity. This trigger however made one participant feel sad thereafter possibly because of a sense of loss.

The 2nd activity involved story telling through a given painting of a girl and a boy in a rough mountainous terrain with harmful creatures and plants. The expected outcome was to indirectly veer towards their personal struggles through the projected harshness of the picture. The group was divided into two and were instructed to create a story each through consensus. This was followed by a short enactment of the stories. The role playing by both the groups was mostly superficial because of being self-conscious apart from a few thus making the entire process somewhat flippant and casual. The theme of one story did not reveal any real struggle, but revealed several underlying wishes, fantasies as well as a developmental need of adolescents. The latter was expressed in a need for establishing and maintain heterosexual relationships. Apart from that, several other wishes, needs were also expressed like a strong need for a caring, protective and nurturing mother figure, need for financial security and stability. The feedback also reaffirmed these findings with an additional need expressed by the quietest participant. She had played the role of the father figure and shared that she liked the role of a silent, protective father- a revelation since the portrayal apparently was very weak and vague. The 2nd group's theme underlined the internal and external struggle in the form of a hostile environment for girls. The struggle was in the form of a persecutory fear from the opposite sex who are unknown. At the same time, there is an underlying need for a protective contemporary opposite sex figure although he is seen as somewhat chauvinistic. There was also a need for just and protective policemen who would do their job sincerely. Both the groups' themes had a positive ending thus reflecting their underlying hope for their future. What was also revealed was a sense of helplessness amongst the girls in the face of external danger- physical or natural and their dependence on the opposite sex (in the form of boyfriend, husband, father, policemen) to save, support or protect them.

This task was followed by healing through gentle touching by the dance therapist leading to complete relaxation. Only two or three were unable to relax, something they were unable to do in other activities also due to their inner tensions and non-submissive nature.

The feedback for the day revealed that there was no clear idea about the purpose of the workshop thus leading to some discontent because of varied expectations, one being that they would dance, draw and generally do what they want. On explaining the objective especially their significant role in it, the disgruntled few felt relaxed and expressed a positive attitude.

The 2nd day again started with an energizer in the form of dance movements. The general mood was also upbeat and the participants were eager to start. The task for the 2nd day was more direct than their last one in Day 1. The girls were each given a road map of their journey post rescue till the time they face court trial. Along the journey were small cutouts of significant figures or objects which they were asked to label according to various emotions that were assigned to them. The figures ranged from the social worker, police, lawyer to the pimp, brothel madam, trafficker; the significant objects were the local club, shelter home, police station, CWC and courtroom. The emotions- anger, fear, disgust, guilt, mistrust, care, support and encouragement -were colour coded and made from coloured papers for the girls to paste on the characters according to the emotion felt. The participation that was initially tinged with curiosity and eagerness turned mostly to a collective enthusiasm when they felt the pleasure in sticking their negative emotions on the detested characters. There were also verbal sharing of the emotions felt towards those people and a spontaneous exchange of perceptions about these people which varied according to the individual's experience. Thus while some expressed disgust about police, one or two spoke positively about them holding instead parents responsible for their plight. Few also shared anecdotes about police atrocities. There was an emotional venting through this exercise which finally culminated into their wanting to stick more than one emotional chip on one character. For example, if they felt anger towards the trafficker, they wanted to stick as many reds as they wished on his photo. This led to an emotional release for many which they achieved verbally and through their action. Their feedback also reiterated this- where everyone expressed a positive feeling after doing the activity. While some spoke of feeling a relief after venting, some spoke of feeling a sense of peace, while few also shared that they no longer felt any anger and felt very relaxed. The task that was designed to glean information also turned out to be therapeutic for the girls in terms of an emotional catharsis.

A corollary to the 'emotional road mapping' was to identify the kind of changes that the girls wanted for a more favourable condition during the prosecution. This was done through a brain storming session where the participants needed to reflect on the kind of changes they wanted about significant stakeholders (viz. police, lawyers, accused). Additionally they had to also think about the changes that they would like to bring about in themselves that could also act as a catalyst. Their responses were quick and spontaneous with a common set of expectations from the stakeholders. The police (both sexes) were expected to change their attitude, gender prejudices, and be more sensitive in their handling rescued girls. The changes that they aspired in themselves were mainly overcoming their fears, be more assertive and controlling their anger. The fear was surrounding the attitude of the judges, of policemen as well as family members, the anger was their reaction to the various provocations and finally being assertive to overcome their feelings of weakness, fears and anxieties.

The workshop ended with a free dance and a healing touch followed by a general feedback for the entire workshop. The participants gave a very positive feedback about their experience especially for the 2nd day where they felt unburdened, temporarily vindicated and hence relaxed. They also expressed their happiness in being able to voice their grievances, wishes, anxieties in a space where they felt heard and hence accepted.

**Barnali Ghosh**  
**(Consultant Psychotherapist)**

#### **Annexure 5**

#### **Dance Movement Therapist's Report on the Interview and Workshop process**

**Day 1: 28th January:** Sohini and Lopa met Kamo and STCI team and explain the whole process of work and met the girls also to prepare them.

**Day 2: 29th January:** The whole Kolkata Sanved Team arrived STCI at 9.45 a.m. and the girls came around 10a.m. Altogether there was 10 participants.

#### **Activity 1: Dance and Movement**

We started with a basic introduction with movement and name and then we shifted to the Balloon activity to overcome the inhibition. The balloon activity was done in 3 stages

Stage 1: individual: participants moving with the balloon using whole body part with different levels and space along with music:

Observation: it has been seen

- Initially the group was hesitant to move but gradually they were able to move.
- One participant was fantastically moving the whole body with the balloon
- 2 participants were constantly disturbing others
- 1 participant was trying to blast others balloon
- 1 participant just sat with balloon
- Rest were struggling but moving sincerely



### Stage 2: Group

As 1 participant was blasting the balloons so rest of the group was shifting into the blasting rather than moving with the balloon so facilitator asked everyone to blast all balloons which they did quite aggressively as they were releasing their frustration and anger. Surprisingly 2 of them hid 2 balloons and saved them so facilitator asked the whole group to move together with two balloons. From here their participation level increased more. Their movement was same horizontal.

Stage 3: Playing with balloon with different body parts. In this stage all the participants involved. They had fun, playful. Only one participant was not moving with her balloon but moving with others balloons.

Here they did their movement freely.

Stage 4: Working with partner with the balloon without using hand. The whole group engaged in this activity even they found this to be challenging.

We end with the whole activity with imagining a balloon as pillow and slowly lie down and relax. Then we finish with a feedback.

### **Activity 2: Story telling**

- Visual Imagery and Storytelling activity through picture on obstacle to identify internal and external barriers
- Brainstorm on obstacle with the visual imagery
- Divided into 2 group and participants will develop the story with roles
- Practice and rehearse the story by participants
- 2 groups presented the story
- Feedback and Discussion

### **Activity 3: Dance**

- Free dance with music and Bengali song on demand
- End with relaxation with healing touch.

### **Day 3 : 30th January:**

#### **Activity 1: Dance Movement Therapy**

- Energizer
- Use of body and voice to get inner power / strength through stretchable cloth

### **Activity 2: Crating My own journey**

- Road map with emotion through colors and picture to see the post rescue scenario on their eyes
- Working on following emotions /feelings during the ' Journey' :  
Fear- Black , Guilt- gray, Disgust- brown, Mistrust- green , Anger- red , Support- Yellow, Care- pink, Encouragement- blue
- This part of the session end with a discussion, feedback and dance
- Brainstorm session with the group how they want to change the situation and what we need to do to bring a change. Within self and environment /external

### **Activity 3: Closing**

- The entire process ended with 2 days feedback, discussion, relaxation and healing touch.

### **Movement Observation:**

- Small use of kinosphere - portray hesitant and shyness of the body
- Can't close their eyes, can't stand / sit in a place for 5 minutes which translate their low attention span , lack of concentration, instability
- Head movement was down and body posture - portrayed the lack of confidence
- Lack of bound and direct movement instead indirect and light movement which portrayed lacking of self assurance and grounding
- During blasting balloons- their punching movement, wild jump portrayed anger and frustration, the hiding body movement portrayed fear
- During the circle movement with body and voice -participants were unable to think about a positive word about themselves. They followed the facilitator which portrayed that they never visioned themselves as strong individuals.
- 1 participant was unable to relax even in lying position- always with close body
- 1 participant was constantly either tendency to sleep or denying to do any movement making a reason for not doing -her entire movement language portraying denial as well as attention seeking.

### **Changes seen:**

After doing the first day body-movement , second day they became more flexible, enthusiastic about the process. First day they asked male observer to go out of the room but the second day they did the relaxation and dance movement in front of them. The participants used the stretchable cloth on their own to create their own movements. This portrayed that how DMT can help individuals as well as it has potentials to contribute to each individual's life.

**Sohini Chakraborty**  
**Founder Director**  
**Kolkata Sanved**

## Annexure 6

### **Documentation Report:**

#### **A. Process documentation of the information gathered from the Minor Home and Transcripts of interviews**

The total number of children residing in the minor home is 34 and all are below 18 years. 6 NGO's provide service in the shelter home namely-

- Pratham: education
- Prayaas : livelihood, life skills
- IJM : counselling (legal)
- OASIS : counselling (legal/psycho)
- Arpan : medical/psycho service
- STGI : livelihood/life skills

#### **1. Interview of the Deputy Superintendent of the minor home-Ms.Rupali Vilashparadhe Describing her work she said:**

I have working experience for the last twenty five years. Previously I have worked for women. This is the first time I am working for the children, since three months. Here is no superintendent so I have to do a lot of work; out of 30 sanctioned posts 13 posts are vacant. There is a lot of pressure on me. The Probation Officer can provide more information about the child.

The sanctioned capacity of the home is 40 children but presently there are only 33 children. The children come from West Bengal, Assam, Odisha, Bangladesh. Most of them are from West Bengal and Bangladesh a few are from Mumbai. After the raid, a home enquiry is conducted and report prepared post which the Ngo, Probation Officer and the Child Welfare Committee takes the decision about the child. The Probation Officer looks after the injury and reports about the child.

The children are disturbed when they come. They sleep during the daytime and wake up at night. It takes about 6 months to see a change in them. They dislike the food as they are used to fancy food during their stay in the brothel. We know that they are disturbed because they are-disobedient, they hate each other and also have self hatred, they also show no participation. The girls constantly probe the care providers to call their relatives. In the mean time if the relatives get the information that the girls are in the shelter home then they wait outside the shelter home premises but are not entertained at all unless the investigation is undertaken. When they are not allowed to meet their relatives their disturbance aggravates.

After 15 days they are placed in front of the CWC which depends upon the availability of lady police constable and vehicle. After rescue medical test is conducted to determine whether the girl is a minor or a major because often there are confusions.

After medical detection- she is produced in front of the CWC where the order to stay in the shelter home is passed ' PO's report comprising of home enquiry and what kind of training the girl needs goes to CWC .Previously the process was smooth as the CWC sat in the home and called the child if required. But now CWC has shifted so the judicial proceedings are pending.

There are two CWCs in Mumbai , one in South Mumbai ( catering to the needs of the children in need of care and protection-CNCP)and the other in Mankut(for the children in conflict with law-CCL), which is currently dissolved, hence all the cases are forwarded to the South Mumbai CWC.

The daily routine followed by the girls in the shelter home is as follows-

- Up to 10:00 am: Bath/ Breakfast (all do not do it at one go)
- 11:00 -1:00: The teacher from Pratham comes to provide education where basic literacy is given; multi level classes are conducted for the children.
- 1:00 - 3:00: 2 hours lunch break, where after their lunch they either loiter or sleep
- 3:00 - 4:00: Vocational training on jewellery making is offered by an Ngo. Those who want can participate are welcome

Counselling sessions are also carried on and it helps them to reveal.

What are her thoughts about DMT and in which phase of the rehabilitation process is it the most appropriate? (the approach of DMT was explained to her)

Introduction of Yoga was a failure due to timing constraints. They lack concentration and it is confined only to 15 minutes. Involvement in the process of DMT can reduce their guilt, shame and depression. Her one area of concern was would there be music and when she was assured that there would be music, she said that since there is no pressure and there is music and no time limit - there can be an effect on the children.

## **2. Interview of the Probation Office PO**

I am working here since 2007. Depending upon need we refer them to the available service. The intervention begins with counselling.

We get to know a lot about the children from the observation and the medical reports. The children are victims of poverty and are uneducated as well. Most of the children are out of Maharashtra, (Assam, Madhya Pradesh Rajasthan and West Bengal, however maximum children come from West Bengal). The duration of a stay is 6 months for children and for the out of state children the maximum time span is for 1 year.

How is the progress mapped documented?

After 15 days we have to send a progress report to CWC about every child.

Legal counselling takes place. A mock session is done with them before they are produced before the court.

In the process of prosecution the children face-

- Fear
- Shame
- Guilt
- Stigma
- Uncertainty

In the process of legal counselling the very first step is to ascertain the statement of the child.

In legal counselling the scenario of what will happen in the court is told to them. They are trained on what to say in the court. 2 days before the trial, the NGO counsellor visits the home every day and helps the child to rehearse everyday for 1 hour each. try to prepare everyone at home for it. Support from the NGO's is good for the children as they do not feel scared. The social workers of the field are always with the children.

Has the scenario changed or is still the same since 2007?

Initially when the children come they feel:

- Angry
- Hurt
- Lack of trust towards each other but in spite of this peer group sharing is prevalent in the home.

Since 2008 - 2009 - IJM took DMT classes with the girls and it was seen that if the girls were allowed to move freely then they would towards exhibiting more positive thoughts.

It was interesting to note when she asked, will the DMT workshop be only for the girls? The workshop should also be held for the care providers as the care providers are also human beings, they have tensions in their home fronts and often the outburst is on the children hence we too need it.

### **3. Malini (counsellor), STCI - clinical psychologist (specialized towards advising the trauma)**

She is geared towards addressing the trauma of the girls. Individual counselling sessions are conducted by her and weekly once on Fridays group sessions are held with the girls. Some of the common mental health issues addressed by her are as follows:

- Anxiety
- Identity
- Cannot communicate
- Depression
- Cannot articulate the feelings
- Lovely round person - from communication magnetized
- Problems in sleep
- Poverty as they come from the marginalized communities

In the shelter home - they are afraid. They are confined in the shelter home and they do not have any hope or choices to make. But when they come to STC - they feel hope.

They have no concept that they are able to do something which is worthwhile. They cannot take decisions. They have serious issues with their Self-concepts as they have very poor self-esteem. Their sense of self-worth is violated and they hate themselves for being deceived and for the violation of their privacy. They feel anxiety, depression, guilt and shame and a sense of betrayal

Most of them are reluctant to go back to their families. They desperately want to prove themselves. Expression at times is very aggressive have a lot of anger towards those who have cheated them.

In group counselling motivation, communication skills - role playing is primarily focused on.

- In one to one counselling the attempt is made to help them understand that-
- they are not survivors of trafficking but are suffers of violence
- they can reveal and trust the person to whom they are revealing
- help to deal with the emotions as to help her decide what to do

The girls are not able to express their goal in their lives and also cannot take decisions on their own and let others decide for them

*Can the movement help?*

*Yes, because the girls coming from the shelter home is a MOVEMENT in its own way.*

**Challenging aspects of the work:**

Relationship: The girls come and share about their relationships. In most cases the perpetrator is the one with whom the girl has entered into a relationship. The majors are married either legally or illegally. Minors are cheated and trafficked with promises of marriage. Those who

are on the threshold of adulthood crave for a sense of belongingness. Due to their dysfunctional relationships, their concept of love is not mature. Hence they face betrayal. They get attracted to someone from the opposite sex and want to get married even after they have been rescued. In many cases these relationships are exploitative and the victims enter a cycle of vulnerability. This is vicious.

Recovery status of Sahaskendra girl is very subjective as retraumatization can take place hence a tool is given to them about how to deal with their lives and lead them as well. In case of the minors when they repatriated back to their families they have a chance to get re trafficked, hence in such cases they should be assertive and not aggressive.

It is important that all the stakeholders should work collectively for the rehabilitation of a single girl. The girls are languishing in the shelter homes, where there is no hope and they are unhappy with themselves.

Therapeutic process - could help them heal immediately after they are rescued and sent to the shelter homes. Mental health intervention should take place right from the time they are rescued. A quick model of 7-10 days should be introduced. Girls do not want to go to the counsellors in the home as they are probed. The general well being of the girl should be catered to.

#### **4. Nandini Thakkar (advocate) , STCI**

Has been working in STCI for the last 8 years as a lawyer providing legal assistance to the survivors as per need. Her work revolves around-

- Sensitizing public prosecutors, policy makers on trafficking and law
- Influencing policy makers
- Information level makes
- Providing legal counselling- empowering victims about their rights and that they are not at the wrong end of the laws. These victims do not even know about the seriousness of the crime. Offences involved in the process of trafficking is not at all known to them

The problem as seen-

- Duration of the case varies from victim to victim as some victims have shown hostility and lack of trust in the court procedures. She has not revealed. In such a situation one has to respect them. One needs to gain their trust and then initiate discussion with them on anything. This is a very sensitive area and one needs to tread very carefully.
- Secondly there is the prejudice point of view of the law enforcement agency (LEA).

This also becomes evident in the court. The LEA needs to be sensitized. Evoking sensitivity in the LEA and empowering them on all the available legal tools generating awareness on the same can bring about a change in the system. The paper work done in the process should be strengthened. Materials for the same are available but not implemented.

- The victims are frightened, threatened, they have a sense of hopelessness and also a low self worth. When the girl comes to know that the person whom she trusted was the main betrayer refuses to accept the fact and develops a withdrawn tendency in court.

A special court in 2008 appeared up in Mumbai the only special court in the country trying the cases of trafficking. The problem being that the special court can pass judgements up to 3 years only (after which the traffickers are set free), in this regard the special court has to be brought to the cadre of the sessions court.

*How can DMT be helpful?*

DMT is associated with movement which is non judgemental and a sense of relief can be achieved from that is a non judgmental movement and can be set everywhere.

#### **5. Gurpreet Bhatia, Director Save The Children Foundation**

It started as a espoused to the mid - hence in 2000 - Seva Sisters evolved for the reintegration and rehabilitation SOS programmes.

Catering to the economic rehabilitation hence the Sahash Kendra programme started in STCI. The girls should be trained in a normal environment( in the mainstream wing) hence away from the shelter home they are brought to STCI's office.

Life skills and vocational skills helps towards the rehabilitation of the girls - they too are engrained to the progress and the duration of the programme is 8-10 months of vocational training/life skills (through group activities)/basic literacy/legal counselling for specific cases.

Minors are much more receptive and will receive DMT but the requirement is for both minor and the major.

#### **6. Interview of Jyoti Nale, THE PROGRAMME MANAGER of STCI**

- The girls do not have a self image
- When the rescue operation is being conducted the girls are rescued in a group, this leaves them in a traumatized situation due to which they give incorrect statements



- The girls escape from the shelter home due to the attitude of the care providers there
- The girls are not thought as individuals, their needs and wants are always neglected
- Girls are made to feel like victims when they stay in the brothel
- They have very less attention span and concentration as well
- The Public Prosecutor (PP) does not respect the girls at all and the girls need to understand that the PP has been appointed to fight on their behalf
- The girls have a soft corner for the brothel owner as they might have treated the girls well
- The Probation officer does favoritism. In some cases the girls look upon the PO as a mother. When the PO accompanies the girls to the court, their self confidence goes up
- A lot of groupism happens in the government shelter homes. The girls do not have a long term vision of their lives. I think one of the main areas that need to be addressed in the DMT module is to make the victims look beyond the present, into the future. Since they do not perceive the current situation as just a short phase in their lives, they fight over petty issues in the Shelter Home and get upset about insignificant things. If they were made to think about what they want to do with their lives, say five years from now and approach the rehabilitation process, their trainings from that perspective it would make an immense difference in their lives and in their personalities." (Program Manager, NGO running Vocational and Rehabilitation program for Survivors).
- Even if the parents are involved in the process of trafficking the girls might not name them.

We need to consider the continuity of the session to keep the girls in focus. If we do not do so then it will be difficult to retain their attention. So we have to have the sessions once a week.

DMT can help the girl to revalue themselves, build their self confidence and self image. A creative medium can definitely work for them. A continuous process in the form of a 5 year plan can be helpful.

*Group discussion with the girls 15 - 20 minutes*

17 girls were there in the group. They were asked to introduce their names with movements. They got up without any hesitation and were happy. The participation level was good.

1. Clapping hands and saying names
2. Learning sewing and creating new designs
3. Talking to everybody
4. Learning beautician course
5. Studying maths, English, hindi
6. Drawing
7. Bookmarks
8. Talking with each other

Do not like :

1. Cooking food
2. studying

*Task:* Think about two things you like and two things you don't like and why

1. Observation

The girls were not able to articulate as to what they liked or disliked. It ended with a rhythm

One girl was sitting outside the group out of the 17 children and was sad.

#### **B. Process documentation of the 2 day workshop with the girls in the government shelter home in Mumbai and Transcripts of feedbacks and interviews**

##### **DAY 1**

##### **Feedback from the balloon activity**

50% of the girls said that the activity reminded them of their childhood and they enjoyed playing with the balloon. It was fun.

**Activity:** Visual Imagery and Storytelling activity through picture on obstacle to identify internal and external barriers

In this activity a picture was shown to them which immediately triggered their emotions and they said the following-

- The cactus and snake were symbols of trouble
- The girl can be in trouble

- The boy can be threatening

The girls were divided in 2 groups and were asked to stage two acts and a general observation in this regard being that the prime focus of both the stories was RELATIONSHIP AND TRANSFORMATION OF A POOR GIRL'S LIFE, both the stories had a happy ending and the girl the main character in the act is safe and secure.

In the feedback session some very interesting points emerged:

<b>Feelings about the characters enacted: Group1</b>	<b>What was the internal reaction of the audience when they saw Group 1's role play</b>
The mother was very protective and ensured that her child had a safe marriage	The father played a passive role while the mother was very active. The father should be the decision- maker of the family.
The father's responsibility of taking care and looking after the daughter was appreciable	The mother's active role was overshadowing the role of the father, but the protective mother reminded me of my father
The ongoing affair between the boy and the girl was tested before any commitment was made	The girl reciprocated the boy's love which was appreciable
<b>Feelings about the characters enacted: Group 2</b>	<b>What was the internal reaction of the audience when they saw Group 2's role play</b>
The police was a kind person	The goons did not have any bad intentions and did not harm the girl. They were merely thieves
The goons were portrayed as thieves, not very harmful	The boyfriend rescued the girl on time and in reality , the situation should be the same
We tried to portray a good image of the boy who was protective about his girlfriend	The doctor and the nurse were good and kind as they had saved the life of the girl

### **Feedback after day 1**

There were mixed reactions from the girls, while some said that they enjoyed the entire day and liked the balloon activity as it reminded them of their childhood, others said that it was tiring and boring and if there was some drawing activity included it would have been interesting.

### **DAY 2**

#### **Activity: Crating My own journey**

#### **General observations:**

- The girls identified the emotions of support and care with the police
- The girls connected very well with the activity
- The girls took a lot of initiative to do the activity
- 2 of the girls were extremely distracted and their attention span was also very small

#### **Feedback - what was their feeling while doing the activity?**

All the 10 girls narrated that they liked the activity very much as it helped them to release their anger and frustrations. They felt very relaxed after doing so. They were also able to associate with the people who supported and cared for them the most.

**Activity: Changing the environment, self, behaviour and attitude- the way forward- a brainstorming session with the girls**

Agents	Attitude (soch-vichar)	Behaviour	Other comments
Police	<ul style="list-style-type: none"> <li>● Change their bribe taking attitude</li> <li>● Respect elders</li> <li>● Be honest</li> <li>● They should believe and have faith in the girls when they are telling the truth</li> <li>● Should not talk rudely</li> </ul>	<ul style="list-style-type: none"> <li>● Should be strict and the enquiry process should be effective so that the case can speed up</li> <li>● Speed up the enquiry process so that they can be released from the shelter home fast</li> <li>● Should not arrest the girls without enquiring</li> </ul>	The police was kind and had rendered all help to speed up the process
Social worker	<ul style="list-style-type: none"> <li>● They are judgmental and think no end of themselves</li> <li>● Decisions are imposed on us and they do not take our consent at all, our consent should be taken into consideration</li> <li>● They should not lie but do what they have committed</li> <li>● They should maintain confidentiality</li> <li>● They should not give us false hope</li> <li>● They should trust others</li> <li>● They should not hastily take decisions</li> <li>● They should be trustworthy</li> </ul>	<ul style="list-style-type: none"> <li>● They should help the police to speed up the enquiry</li> <li>● They should not arrest without reason</li> </ul>	<ul style="list-style-type: none"> <li>● Some of them are encouraging but I am scared of them</li> <li>● One of them did not have any interaction with the girls</li> <li>● They are helpful and good</li> <li>● They take bribes</li> </ul>
Malkin	<ul style="list-style-type: none"> <li>● They should not be shameless</li> <li>● Should be sympathetic and think that they too have daughters at their home</li> <li>● They should not be greedy but should be happy with they have and with the income of their husband</li> </ul>	<ul style="list-style-type: none"> <li>● They should not lure others</li> <li>● They should not bluff</li> <li>● If they find a child who has got lost then they should safely guide the child back home</li> </ul>	

<b>Agents</b>	<b>Attitude (soch-vichar)</b>	<b>Behaviour</b>	<b>Other comments</b>
Police station	<ul style="list-style-type: none"> <li>• They should not ill-treat and use abusive languages</li> <li>• While talking to the child they should not make the child frightened</li> <li>• They should believe in the child's statement</li> </ul>	<ul style="list-style-type: none"> <li>• They should not touch and escort the girls to the court</li> <li>• They should maintain a boundary with the girls</li> <li>• They should not ask us to keep the door of the toilet open when we are using it</li> <li>• They should respect us</li> </ul>	<p>The atmosphere in the police station is very threatening and we are scared of all who are present there</p> <p>One of them said that the atmosphere is not threatening in the police station</p>
Child Welfare Committee (CWC)	All the 10 of them said that there was no need to bring about any change in the CWC as it was favourable for all of them		
Shelter home	<ul style="list-style-type: none"> <li>• We should be allowed to talk to our parents whenever we want</li> <li>• The gap between 2 phone calls to our parents should be reduced</li> </ul>	<ul style="list-style-type: none"> <li>• We girls should be more disciplined and not use abusive languages</li> </ul>	2 of them said that it is a good place and nothing should change
Court room	<ul style="list-style-type: none"> <li>• The judge should be more attentive and should be more sensitive</li> <li>• Should be good listener</li> </ul>	<ul style="list-style-type: none"> <li>• The gap between hearings should be reduced</li> <li>• The judgement should be passed in favour of the person who has not committed the crime</li> <li>• Girls should not use abusive languages with the judge and get into verbal fights</li> <li>• Verbal arguments between the girl and the judge should be reduced</li> <li>• The girl should not be asked incorrect questions and not be probed</li> <li>• Orphans should be taken care of as they do not have a home to go back to</li> <li>• The judge should behave properly with our parents</li> <li>• The police should not take bribes from the parents</li> </ul>	<ul style="list-style-type: none"> <li>• The fear of being asked questions and listening to the date of hearing is persistent</li> <li>• Scared to go to the court</li> <li>• 50% of the girls get a chance to talk to the judge whereas the others are not</li> </ul>

<b>Agents</b>	<b>Attitude (soch-vichar)</b>	<b>Behaviour</b>	<b>Other comments</b>
Trafficker (both male and female)	<ul style="list-style-type: none"> <li>● Should be sensitive</li> </ul>	<ul style="list-style-type: none"> <li>● They should be hanged to death</li> <li>● Should undergo life /3-4 years of imprisonment and be isolated from their family</li> <li>● They should be repentant, when their repentance would reach an extreme level then they should be released</li> <li>● Should be given 2 sets of clothing and food as it falls under human rights</li> </ul>	In the court room the parents, the victim, the PO, the lawyer and the judge are present but the trafficker is not present there. The trafficker bribes and escapes, the lawyer is bribed and gives false testimony
Court room police	<ul style="list-style-type: none"> <li>● They should not lie</li> <li>● They should be more sensitive</li> <li>● They should not do any such deed which would lower their self esteem</li> </ul>	<ul style="list-style-type: none"> <li>● They should allow the girls to meet and intermingle with their parents</li> <li>● They should behave well with their parent</li> </ul>	
Self	<p>Jaya</p> <ul style="list-style-type: none"> <li>● Manage anger and in order to release will cry</li> <li>● I have gathered courage and will not stop talking in the courtroom. I will express my thoughts so that the judge can notice the change in me too</li> </ul> <p>Swati</p> <ul style="list-style-type: none"> <li>● I was unable to mingle with others but now I have courage</li> <li>● I have now gathered courage and confidence to face and answer questions</li> </ul> <p>Simran</p> <ul style="list-style-type: none"> <li>● I fear and am frightened of the judge but I should gather courage and answer all the questions asked with a lot of confidence</li> </ul>		

Agents	Attitude (soch-vichar)	Behaviour	Other comments
Self	<p>Pooja</p> <ul style="list-style-type: none"> <li>● I had a lot of fear and never intermingled much with others but now I have gathered courage</li> <li>● I will speak with a lot of self confidence now</li> </ul> <p>Tamanna</p> <ul style="list-style-type: none"> <li>● I am scared of the judge and did not speak at all</li> </ul> <p>Palki</p> <ul style="list-style-type: none"> <li>● I want to control my anger</li> </ul> <p>Pari</p> <ul style="list-style-type: none"> <li>● I want to overcome my fear factor, I do not know whom I fear the most but I think I fear the long intervals between the hearing dates the most</li> <li>● I want to overcome my fear factor and answer the questions asked with confidence</li> </ul> <p>Neel</p> <ul style="list-style-type: none"> <li>● I have changed a lot for the better but would like to overcome my fear</li> </ul> <p>Lina</p> <ul style="list-style-type: none"> <li>● I want to control my fear factor, anxiety level and learn how to communicate</li> <li>● I am always anxious about what verdict will the judge pass</li> </ul>		



When asked a general question to all about whom they fear the most they all collectively said:

1. The judge - as we are worried and anxious about what verdict the judge would pass
2. Parents-what will they tell about us as have not committed any offence
3. Police in the court room- they do not allow us to meet our parents

**Emotions towards the Public Prosecutor**

Emotions	No of Girls	Intensity	
		Average	High
Fear	None	-	-
Disgust	1	1	-
Mistrust	None	-	-
Anger	None	-	-
Support	8	-	9
Care	None	-	-
Motivation/ encouragement	10	-	8

Note- One of them said that while some of the prosecutors were encouraging the others squeezed money or wanted to get bribed in order to fight the case.

**General feedback-**

- We were able to narrate our feelings which were suppressed for long
- We were asked about our lives- it was like an open space where we were able to share, since it came as a surprise we narrated all the truth about ourselves
- Felt relaxed after sharing
- The balloon activity reminded us of our parents

General observation being in this regard that they both feared the male figure and also wanted the male figure to be protective.

Entire Process Documentation by

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*Dancing*



*.....To a  
Changing Tune*