



Understanding the Victim Mindset

FERIDE CASTILLO

EMPOWERMENT COLLABORATIVE OF LONG ISLAND, INC.

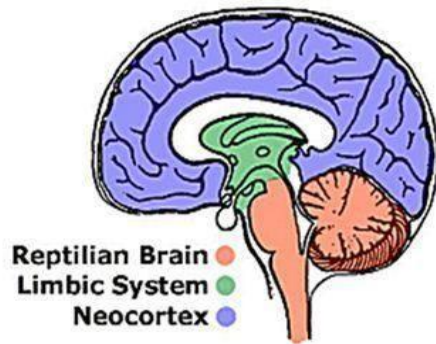
Adverse Childhood Experiences

- ▶ Experiencing violence or abuse
- ▶ Witnessing violence in the home or community
- ▶ Having a family member attempt or die by suicide
- ▶ Substance misuse
- ▶ Mental health problems
- ▶ Parental separation or household members being in jail or prison
- ▶ Neglect
- ▶ Poverty

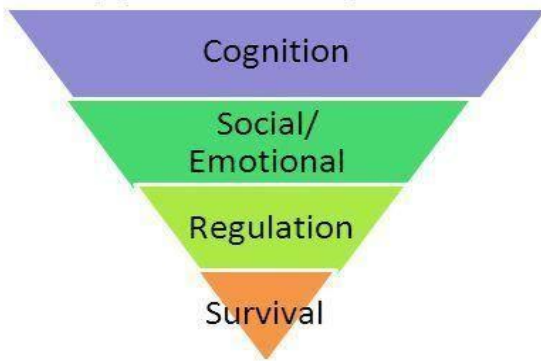


Adverse Childhood Experiences

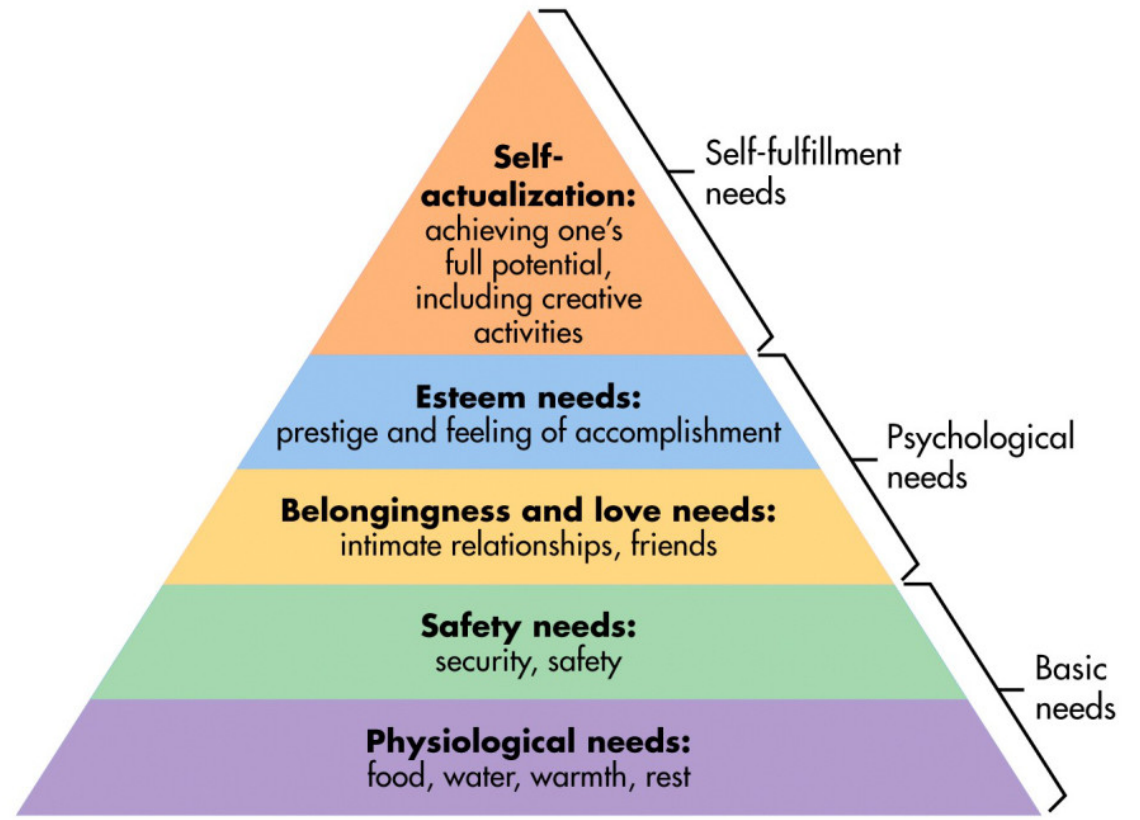
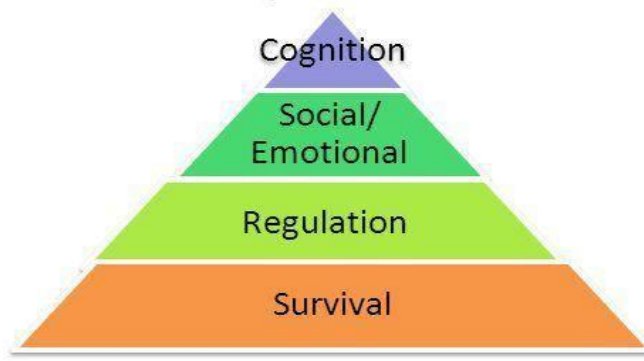
Trauma & Brain Development



Typical Development



Developmental Trauma



Trauma Bonding

- **Bonding is a biological and emotional process that makes people more important to each other over time.** Unlike love, trust, or attraction, bonding is not something that can be lost. It is cumulative and only gets greater, never smaller.
- **Trauma bonding**, a term developed by Patrick Carnes, is the misuse of fear, excitement, sexual feelings, and sexual physiology to entangle another person.

The Trauma Bond

Trauma bonding occurs when there is a power imbalance in a relationship, intense emotional experiences, intermittent good and bad treatment, the presence of danger, and periods of intimacy. Seduction, betrayal, or deception is often involved in creating such a bond. Out of a need to survive the abuse, the victim forms an addictive attachment to his or her abuser which may appear nonsensical to outsiders. Those who grow up in abusive homes are even more susceptible to becoming trauma bonded to dangerous individuals in adulthood. The trauma bond is so strong that on average, victims of abuse attempt to leave their abusers about seven times before they finally leave for good. — Shahida Arabi

Human trafficking
**is the exploitation of
vulnerability**

for commercial gain.

For this reason,

HUMAN

trafficking

can happen anywhere

because there are

VULNERABLE

PEOPLE

everywhere.

VULNERABILITY

Traffickers target
individuals
with certain
vulnerabilities



ACCESS

Traffickers look for
individuals who are
easily accessible
and can be isolated
from others



CONTROL

Traffickers succeed
in their efforts
through ongoing
force, fraud, and/or
coercion

EXAMPLES

- Providing drugs
- Physical/sexual abuse
- Deprivation of basic needs
- Using false or misleading statements
- Fraudulent offers/contracts
- False promises of work, living condition, education, marriage, etc.
- Withholding wages
- Destroying/withholding ID, etc.
- Debt servicing
- Threats
- Psychological manipulation
- A plan or pattern of coercive conduct

#IStandWithTheVulnerable

from *Vulnerable* by Raleigh Sadler

The Victims

- Low SES/Limited resources
- Homelessness/Runaway
- Foster care involvement
- Complex trauma history
- Substance abuse
- Developmental/intellectual disabilities
- Juvenile justice system involvement
- LGBTQ-identifying
- Refugees/immigrants

- **IT CAN BE ANYONE**

Common

- ▶ Fear or distrust of the government and police.
- ▶ Loyalties and positive feelings toward their trafficker and try to protect them from authorities.
- ▶ **Many victims do not self-identify as victims.**
- ▶ High level of dependency to their trafficker.
 - ▶ Drugs, shelter, love, etc.
- ▶ Negative past experiences with institutional systems.
- ▶ **Normalization of exploitation.**

What You Can Do

- ▶ Avoid revictimization.
- ▶ Proper training/protocol of staff, volunteers and partner.
- ▶ **Build a rapport.**
- ▶ Offer local resources.
- ▶ Speak to the patient privately.
- ▶ Ensure that the patient understands confidentiality.
- ▶ Utilize Social Workers/counselors