


 with  and  present

AK PARA SA BETA


THE INTERNATIONAL CONFERENCE IN CEBU

Theme:
CYBERPROTECTION OF CHILDREN

Cyber Safety of Children:
Internet and Mobile Protection for Minors




#AkParaSaBeta
APSB2013




Simultaneous Symposium 7: Online Child Abuse (Part IIA): Effective Aftercare of Survivors of Abuse

Tokyo Room, 2nd level Marco Polo Plaza
1:30 – 5:00 PM



#AkParaSaBeta
APSB2013



Dolores Rubia *Moderator*

- Supervising Social Worker, Child Protection Unit, UP-PGH
- Part-time Faculty Member, Asian Social Institute
- Trained family therapist / Member / Resource Person, Society of Filipino Family Therapists (2004-present)
- Board Member, Speed the Light Foundation, Inc. (2011-present)
- Board Member, Sun for All Children Foundation, Inc. (1995 – present)
- Holds the following academic degrees: Master of Science in Social Work at the Asian Social Institute (2002); Bachelor of Science in Social Work at Colegio de Sta. Isabel, Naga City (1989)
- Currently completing her PhD in Clinical Psychology at UP Diliman



AK PARA SA BETA

THE INTERNATIONAL CONFERENCE IN CEBU

Theme:
CYBERPROTECTION OF CHILDREN

Cyber Safety of Children:
Internet and Mobile Protection for Minors

December 1-2, 2015
Marco Polo Plaza Hotel Cebu



ONLINE SEXUAL EXPLOITATION OF CHILDREN: EFFECTIVE AFTERCARE FOR SURVIVORS

AK PARA SA BETA
THE INTERNATIONAL CONFERENCE IN CEBU

OBJECTIVES

At the end of the session, the participants will be able to:

1. Describe promising practices from traditional trafficking and abuse and how they apply to survivors of online sexual exploitation;
2. Describe the short- and long-term emotional and psychosocial impact of online sexual exploitation; and
3. Describe trauma informed interventions in the aftercare of survivors of online sexual exploitation.

AK PARA SA BETA
THE INTERNATIONAL CONFERENCE IN CEBU

Program

1:30 – 1:45pm	INTRODUCTION
1:45 – 2:00pm	The Cebu Experience: Providing Aftercare to Survivors of OSEC <i>Dr. Nemia C. Antipala</i>
2:00 – 2:40pm	Applying Lessons Learned from Working with Survivors of Human Trafficking for Commercial Sexual Exploitation <i>Ms. Ann Knapp, MSW</i>
2:40 – 3:20pm	Emotional and Psychosocial Impact of Online Sexual Exploitation <i>Ms. Anamabel Garcia, MA</i>
3:20 – 3:30pm	BREAK
3:30 – 4:15 pm	Importance of Trauma Informed Approaches <i>Dr. Jose Andres Sotto</i>
4:15 – 4:25pm	REACTION
4:25 – 4:45pm	OPEN FORUM
4:45 – 5:00pm	Summary of Salient Points Evaluation

AK PARA SA BETA
THE INTERNATIONAL CONFERENCE IN CEBU

**AK
PARA SA
BETA**

Dr. Clara Nemia Antipala

The Cebu Experience: Providing Aftercare to Survivors of OSEC

- Director of Aftercare, International Justice Mission – Cebu
- Former Assistant Regional Director for Operations, DSWD 7
- Holds the following academic degrees: Doctor in Public Administration, Cebu Normal University (2008); Master of Science in Social Work, University of Southern Philippines, Cebu (1995); Bachelor of Arts in Psychology, University of San Carlos, Cebu City, Philippines (1974)

Case Study: Providing Aftercare to Survivors of OSEC in Cebu

Dr. Nemia Antipala
Director of Aftercare, IJM Cebu

Case Study: Major Impact of OSEC on Survivors

- Confused sense of right and wrong
- Attachment issues
- Trauma

Challenges in Providing Aftercare during Rescue

- Reducing trauma of rescue
- Providing developmentally appropriate information to survivors
- Protecting survivors' privacy

Challenges in Providing Aftercare Post-Rescue

- Lack of appropriate protective placements
 - Shelters
 - Foster Care
- Lack of expert care to manage trauma symptoms
- Permanency planning
- Engagement in legal case

Primary Needs of the Survivors

- Safe, trauma informed placement options immediate post-rescue
- Structure and return to normalcy
 - Return to a routine
 - Continuation of schooling
- Strong trauma services
- Long-term care options

Ann Knapp, MSW

Applying Lessons Learned from Working with Survivors of Human Trafficking for Commercial Sexual Exploitation

- Director of Aftercare Development, Philippines for International Justice Mission, from July 2013 to present, supporting IJM Field Offices in the Philippines in providing aftercare services to survivors of commercial sexual exploitation and child sexual abuse and collaborating with partners to develop trauma informed systems serving survivors in a variety of contexts
- Holds the following academic degrees: Bachelor of Science in Human Development and Family Studies from the University of Illinois; Master of Social Work from Arizona State University; and Certificate in Global Mental Health: Trauma and Recovery through the Harvard Program in Refugee Trauma/Harvard Medical School Department of Continuing Education
- Pediatric Social Worker at Cardon Children's Medical Center in Mesa, Arizona from May 2007-May 2009, participating in a multidisciplinary team to address the psychosocial needs of hospitalized children and their families and responded to cases of suspected child abuse
- Aftercare Fellow, IJM Mumbai in Mumbai, India from June 2009-June 2010 as an Aftercare Fellow, aiding in the design and implementation of Aftercare programs for survivors of commercial sexual exploitation
- Aftercare Training and Research Development Specialist, IJM Headquarters from August 2010-July 2013, developing training resources for IJM field office Aftercare staff in 15 field offices and contributed to the design, monitoring and evaluation of IJM Aftercare programs globally



Applying Lessons Learned from Working with Survivors of Traditional Trafficking and Abuse

Ann Knapp, MSW
Director of Aftercare Development, IJM Philippines

Key Points

1. Compare traditional trafficking and OSEC;
2. Review of best practices working with survivors of traditional trafficking; and
3. Discuss steps in preparing to apply lessons with survivors of online sexual exploitation of children.

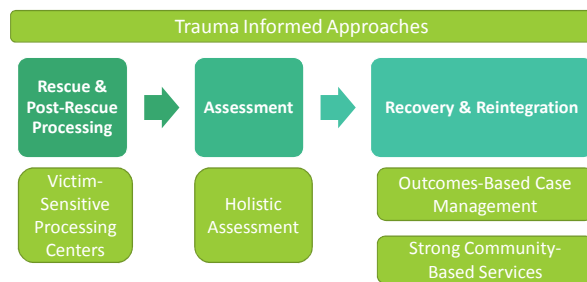
Comparison: Traditional Trafficking and OSEC

- Distinct Product
- Distinct Consumers
- Distinct Providers/Abusers
- Distinct Victims

Promising Aftercare Practices for Survivors of CSEC

1. Trauma informed approaches
2. Victim-friendly processing centers
3. Holistic assessment
4. Outcomes-based case management
5. Strong community-based services

Continuum of Aftercare



Trauma Informed Approaches

Concept:

- A framework for how organizations and individual service providers think about and respond to survivors of trauma based on an understanding of the prevalence of trauma, its impact on survivors, and the complex path to recovery

Implications:

- Use of universal precautions
- Appropriate screening for trauma exposure
- Commitment to evidenced-based practices

Resources:

- SAMHSA's National Center for Trauma Informed Care
- National Child Traumatic Stress Network

Victim-Sensitive Processing Centers

Concept:

A safe place for survivors to go immediately upon removal from a situation of abuse and/or exploitation wherein they can stabilize and provide statements in a private, comfortable space

Key Considerations:

- Child-friendly space
- Transparency/provision of information
- Developmentally appropriate victim interviewing
- Confidentiality and sensitive handling of materials

Resources:

- Philippines: HerSPACE, Cebu & Survivor Center, Manila
- Cambodia: World Hope International Assessment Center

Holistic Assessment

Concept:

The act of gathering information or data at a given moment of time and evaluating it for the purpose of making an appropriate decision about a course of action

Key Considerations:

- Individual Assessment
- Family Assessment
- Home Assessment
- Community Assessment

Resources:

- The Child Recovery and Reintegration Network
- Specific Tools: UCLA PTSD Index, PTAQ

Outcomes-Based Case Management

Concept:

A collaborative, multidisciplinary process which plans, implements, coordinates, monitors and evaluates options and services to meet an individual's needs through communication and available resources to promote quality, effective outcomes

Key Considerations:

- Protection, Mental Wellbeing & Trauma Recovery, Support System, Economic Empowerment, Health, and Housing

Resources

- *Handbook on Direct Assistance to Victims of Trafficking*, IOM
- *Caring for Child Survivors of Sexual Abuse*, IRC
- *Hands that Heal*, Faith Alliance Against Slavery and Trafficking

Strong Community-Based Services

Concept:

Building supportive, protective mechanisms in the areas where survivors return

Key Considerations:

- Empowered decision making
- Family services
- Community education
- System for follow-up

Resources:

- The Child Recovery and Reintegration Network
- Reintegration Support Networks

Review of Promising Practices

1. Trauma informed approaches
2. Victim-friendly processing centers
3. Holistic assessment
4. Outcomes-based case management
5. Strong community-based services

ALL APPLICABLE TO SURVIVORS OF OSEC

AK PARA SA BETA
THE INTERNATIONAL CONFERENCE IN CEBU

Preparing to Work with Survivors of OSEC

- Developing core competencies
 - Trauma Informed Care
 - Assessment
 - Forensic interviewing
 - Child development
 - Trauma-informed therapy
 - Family therapy
 - Case management
 - Managing challenging behaviors
- Resource mapping
- Forum for shared learning to adapt approaches

AK PARA SA BETA
THE INTERNATIONAL CONFERENCE IN CEBU

AK
PARA SA
BETA
THE INTERNATIONAL CONFERENCE IN CEBU

Anamabel Garcia, MA

Emotional and Psychosocial Impact of Online Sexual Exploitation

- Director of Aftercare, International Justice Mission (IJM), Pampanga Field Office (2013-present)
- Part-time Professor on Women and Psychology (graduate studies) and on Introduction to Women Studies (College level), St. Scholastica's College, Manila (2011-2014)
- Part-time Professor on Summer Classes on Handling Abused Women and Children in the Institute of Formation and Religious Studies, Quezon City (2006-2013)
- Attended an Asia- Pacific Expert Consultative Meeting on Due Diligence in Penang, Malaysia (2012)
- Officer-In-Charge, Women's Crisis Center, Manila (2010)
- Counselor specializing in counseling abused women and children
- 'Women Who Care' Awardee by Triumph International given last October 17, 2002 in recognition to long years of giving psychological & emotional help to abused women and children
- Presented a Paper on Feminist Counseling in the Philippines during the Workshop on Counseling for Violence Against Women (VAW) Survivors in Seoul, South Korea, 1998
- Took up Women and Development Course for Master's Degree in the University of the Philippines, Quezon City
- Finished AB Psychology in Philippine Christian University, Manila



Emotional and Psychosocial Impact of Online Sexual Exploitation of Children

Anamabel U. Garcia, MA
Director of Aftercare, IJM Pampanga

AK PARA SA BETA
THE INTERNATIONAL CONFERENCE IN CEBU

Key Ideas

- Forms of OSEC
- “Push” factors creating vulnerability to OSEC
- Unique challenges of providing care to survivors of OSEC
- Emotional and psychosocial impact of OSEC

Forms of OSEC

- Instigator
 - Child-arranged
 - Family-run
 - Professionally run
- Type of Abuse
 - “Show-show”
 - Individual sexual behaviors
 - Sex acts with others

Push Factors

- Poverty/financial problems
- Child’s sense of duty to family
- History of abuse/neglect
- Negative peer influence
- Lack of information about the negative impact of the crime

Unique Challenges of Providing Care to Survivors of OSEC

- Insufficient empirical research
- Familial involvement
- Community compliance
- Potential of survivor having also perpetrated against another child
- Continual risk of re-traumatization

Traumagenics in the Filipino Context

Stigmatization

- Child's feelings that are shaped by how they perceive others think about them

Betrayal

- Broken trust relationship

Powerlessness

- Sense of helplessness in making the abuse stop or managing feelings or outcomes after the abuse

Traumatic sexualization

- Inappropriate nature of what the child learned about sex due to the abuse which can lead to misusing sex for love and attention or associating sex with punishment

Impact of OSEC: Emotional

- Post-Traumatic Stress
- Complex trauma
- Feelings of guilt and shame
- Feeling "dirty"
- Hyper-arousal

Impact of OSEC: Psychosocial

- Confusion over "right" and "wrong"
- Rationalization of abuse and numbing of feelings
- Distorted view of sexuality
- Sexualized behaviors
- Self-destructive behaviors

Impact of OSEC: Psychosocial, *continued*

- Isolation/withdrawal
- Relationships/attachment
- Lost sense of safety
- Education delays

Long-term Impact of OSEC

- Increased vulnerability to abuse later in life
- Psychological consequences
- Attachment

Summary

- Significant negative impacts of OSEC
- Hope of resiliency

DAGHANG SALAMAT SA INYONG
TANAN!!!

Dr. José Andrés Sotto

Importance of Trauma Informed Approaches

- Consultant for Aftercare Development, IJM
- Practicing Trauma Therapist and Pastoral Counselor
- Special Areas of Study: Male Victims/Survivors of Sexual Abuse and Burnout Among Human Service Workers
- Certified Suicidologist, USA and Canada
- Trainer, Trauma-Informed Care and Trauma-Informed Psychotherapy



The Importance of Trauma Informed Approaches

Dr. Jose Andres Sotto
Aftercare Development Consultant, IJM Philippines

Key Points

- Foundations of trauma informed care
- Challenges in serving survivors of OSEC
- Domains of restoring attachment
- Examples of trauma informed approaches

Foundations of Trauma Informed Care

1. Know that healing begins in relationships.
2. Recognize that all behavior has meaning.
3. Understand symptoms are adaptations.
4. Seek to comfort not control.
5. Build on strengths not weaknesses.

Trauma informed care is not a clinical approach, it is a way of being.

The Child's Primary Attachment System

- Healing begins in a meaningful relationship.
- The child's primary attachment system provides the security and safety for the child's development of requisite competencies for healthy living.
- In cases of sexual exploitation, the child-victim's primary attachment system is severely compromised.

Complex Trauma

- In most cases, exposure to online sexual exploitation is repetitive and interpersonal, involving intentional acts of other human beings.
- The exploitation usually occurs:
 - In many forms;
 - On an ongoing basis; and
 - Imposed on them by individuals with greater power, strength, knowledge, and resources.
- Many perpetrators are, paradoxically and tragically, responsible for the victim's

Cebu Case Study

Child-victims of sexual exploitation are left profoundly confused and betrayed.

Complex Trauma and Polyvictimization

“Developmentally adverse interpersonal traumas” places the survivor at risk for:

- Recurrent distress;
- Psychophysiological arousal; and
- Interruptions and breakdowns in healthy developmental tasks

Capacity Building for Aftercare Service Providers

- National Trauma Training Program
 - Trauma Informed Care
 - Trauma Informed Philippines Psychotherapy
- Partnership:
 - DSWD
 - Consuelo Zobel Alger Foundation
 - Child Protection Network, Inc.
 - International Justice Mission

Trauma Informed Care and Trauma Informed Psychotherapy

- **TIC**
 - NOT a clinical approach, but a way of being.
 - Sets the tone for trauma-informed clinical interventions.
- **TIPP**
 - A model of psychotherapy for trauma survivors, based on evidenced based research and practices, consisting of five inter-linked components carried out over a 12-week period.
 - Specifically designed for trauma survivors who are in a safe place (away from their perpetrators)

DOMAIN 1: ATTACHMENT Critical Building Blocks

- Caregiver management of affect
 - In many cases, assisting the caregiver in managing her own affect proves to be the initial trauma intervention.
- Attunement
- Consistent, victim-centered approaches
- Structure: Routines and rituals

DOMAIN 2: SELF-REGULATION

- Self-regulation targets a child's ability to identify, modulate, and express his or her internal experience
- Impaired self-regulation is a key feature among children exposed to complex trauma

SELF-REGULATION: Critical Building Blocks

- **Affect Identification**
 - Children build a vocabulary for their emotional experience and understanding the connection between emotions and precipitating events.
- **Modulation**
 - Targets children's ability to tune into, tolerate, and sustain a connection to internal states.
- **Affect Expression**
 - Works to increase a child's ability to identify safe resources and communicate emotional experience

DOMAIN 3: COMPETENCY

- Child's ability to acquire the foundational skills for ongoing development.
- Children who experience complex trauma find themselves investing their energy into their physiological and emotional survival rather than in the development of age-appropriate competencies.
- Two key principles:
 - Use of child-centered play and
 - Embedding the work within an attachment relationship.

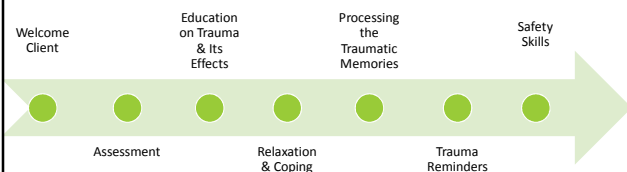
COMPETENCY: Critical Building Blocks

- *Executive Functions* to increase the child's ability to effectively engage in problem solving, planning, and anticipation.
- *Self-development and identity* targets the development of a sense of self that is unique and positive and incorporates experiences from the past and present.

Trauma Experience Integration

- This component of the treatment process aims to integrate the range of skills encompassed within the attachment, regulation, and competency domains.
- It is meant to support children in building a coherent and integrated understanding of self and engage more fully in present life.

Components of Trauma Informed Philippines Psychotherapy



Summary

- Importance of sound theories and best practices in trauma recovery
- Importance of monitoring and evaluation of treatment interventions

REACTION

OPEN FORUM

SUMMARY OF SALIENT POINTS



with



and



present

AKO PARA SA BATA

THE INTERNATIONAL CONFERENCE IN CEBU

Theme:

CYBERPROTECTION OF CHILDREN

Cyber Safety of Children:
Internet and Mobile Protection for Minors



#AkoParaSaBata
APSB2013