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The Sheltered Guide 06/15/20

Greetings Alliance Members,

Continuing with this quarter's topic of **creative therapies**, today we will highlight **cognitive behavioral group therapy**. In cognitive therapy, individuals are taught to identify their negative thoughts and replace them with more accurate, adaptive, and helpful ones (**Washington Center for Cognitive Therapy**). As many of your agencies witness, victims often experience various psychological symptoms after experiencing exploitation, physical violence, or psychological violence (Williamson et al. 2008). Survivors may present a mix of symptoms, including symptoms that originated before the experience, those that were a result of trafficking, and those experienced after.

Evidence is growing that cognitive-behavioral therapy is an effective treatment for **children**, including those who have experienced multiple other traumatic events (J. Cohen, E. Deblinger, A. Mannarino). Exploited **youth** often express the belief that they only feel accepted and understood by other commercially exploited youth; which highlights the value of connecting these youth with commercial sexual exploitation survivors who have become mentors to whom they can relate (**Trauma-Focused Cognitive Behavioral Therapy for Commercially Sexually Exploited Youth**).



The **National Coalition on Sexual Exploitation** has invited NTSA to host a track for this year's virtual #CESEsummit about **effective direct service practices for victims of trafficking!** The summit is open and **FREE** to everyone **July 18-28!** If you want to hear from a diverse range of professional, political, and personal backgrounds, to be informed and equipped with information surrounding sexual exploitation then please **join us** to #EndExploitation!

Covid-19 Resources

- Our member, The **WellHouse**, has shared their adapted intake procedures- view it **here**.
- **Prostitution, the Sex Trade, and the COVID-19 Pandemic**- Prostitution Research & Education
- **Crisis in Human Trafficking During the Pandemic**- Polaris
- HHS Region II **webinar** "Identifying Risk Factors for Human Trafficking After Natural Disasters"
- **Training and Technical Assistance Related to COVID-19**- Substance Abuse & Mental Health Services Administration

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