

## **REHABILITATION AND LONG-TERM MENTAL HEALTH SUPPORT FOR SURVIVORS OF HUMAN TRAFFICKING: CLINICAL AND POLICY PERSPECTIVES**

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**ABSTRACT:** Human trafficking inflicts enduring psychological, social, and economic harms that outlast rescue. While prevention and prosecution have advanced, the field still underinvests in the survivor's long-term rehabilitation needs. This paper synthesizes evidence on post-trauma sequelae: PTSD, depression, anxiety, and complex trauma, and evaluates clinical and community models that support sustained recovery. We advocate for trauma-informed, culturally embedded, and survivor-centered frameworks that extend beyond short-term care to encompass economic empowerment, housing stability, and social reintegration. Drawing on case illustrations from across Africa, Europe, and Asia, we identify convergent practice elements, including evidence-based therapies (e.g., CBT, EMDR), survivor-led peer networks, and context-specific supports (such as faith-based and indigenous practices). Policy analysis reveals a persistent gap between legal commitments and the provision of funded, durable services. Our central recommendation is to enshrine rehabilitation as a legal right with dedicated financing, survivor co-design in policy processes, and accountability metrics, leveraging the momentum of the 2025 Palermo context and the proposed Sicily Declaration. Rehabilitation is not ancillary to justice; it is its test, ensuring survivors are not merely rescued, but restored to safety, dignity, and opportunity.

**Keywords:** Human Trafficking, Rehabilitation, Mental Health, Trauma-Informed Care, Social Reintegration

### **INTRODUCTION**

Human trafficking remains among the most pervasive global crises, affecting millions across every continent. Current estimates suggest that over 27 million people live in conditions of modern slavery, with women and children forming the majority of identified victims (Banovic & Bjelajac, 2012; United Nations Office on Drugs and Crime, 2020). These violations of human dignity extend far beyond physical harm, leaving survivors to grapple with enduring psychological and social consequences. Despite international efforts focused on prevention, prosecution, and immediate rescue, one of the most neglected aspects of intervention remains rehabilitation, which is the long-term process of restoring survivors' mental, emotional, and social well-being.

The aftermath of trafficking is rarely linear or short-term. Survivors endure a complex interplay of trauma, stigma, and socio-economic marginalization that can persist for decades. Beyond the visible

physical injuries, many face “invisible scars” manifested as post-traumatic stress disorder (PTSD), depression, anxiety, and difficulties reintegrating into communities that often stigmatize them (International Labour Organization, 2017; International Organization for Migration, 2019). In this sense, the challenge of recovery extends beyond the individual to include cultural, systemic, and policy-related dimensions that either support or hinder healing. Understanding rehabilitation as a holistic, multi-level process, one that involves psychological care, community reintegration, and structural support, therefore becomes essential for achieving sustainable recovery.

Although global advocacy has emphasized human rights and justice mechanisms, far less attention has been devoted to the *psychological rehabilitation* of survivors. Efforts often end at rescue, with limited follow-up support or funding for long-term reintegration. As a result, many survivors face re-victimization, social alienation, and economic vulnerability, undermining the goals of justice and human restoration. This gap highlights a fundamental imbalance in anti-trafficking responses; one that prioritizes legal solutions while overlooking mental health as an equally urgent domain of justice and recovery (Zimmerman & Kiss, 2017). The global discourse must, therefore, evolve from a rescue-oriented model to one grounded in rehabilitation and long-term mental health support.

The significance of this paper lies in its argument that rehabilitation is not merely an auxiliary component of justice but its defining test. It explores the *psychological consequences* of human trafficking, critically evaluates existing clinical and community-based approaches to survivor rehabilitation, and examines the *policy frameworks* that can support sustained recovery. Specifically, this study aims to:

1. Analyze the short- and long-term psychological impacts of trafficking on survivors.
2. Evaluate clinical and community-based interventions used in different cultural contexts.
3. Examine the policy and institutional mechanisms that facilitate or impede long-term rehabilitation.
4. Recommend survivor-centered and culturally embedded models that can inform both national and international frameworks, particularly within the context of the 2025 Palermo Summit and the proposed Sicily Declaration.

## **LITERATURE REVIEW**

By integrating psychological, clinical, and policy perspectives, this paper advocates a trauma-informed and survivor-led approach to rehabilitation; one that recognizes mental health care not as a privilege but as a *fundamental right*. The discussion that follows situates the need for comprehensive rehabilitation within the broader struggle for justice and human dignity, arguing that true recovery can only occur when survivors are not merely freed from exploitation, but are empowered to rebuild meaningful, autonomous lives.

Recent scholarship has increasingly emphasized that rehabilitation for survivors of human trafficking must extend beyond the provision of short-term crisis care to encompass comprehensive mental-health recovery and social reintegration. According to van der Kolk (2021), trauma from sustained captivity or exploitation reorganizes both neurological and emotional systems, meaning that effective rehabilitation requires interventions that restore bodily safety and relational trust.

Building on this, Hopper and González (2022) argue that trauma-informed care models must integrate psychological therapy with community-based empowerment strategies, enabling survivors to regain control over their lives. These perspectives shift the discourse from a pathology-oriented view of survivors as “patients” to one of agency and resilience, highlighting the importance of survivor-led participation in rehabilitation design.

Comparative studies have also revealed regional differences in how rehabilitation is conceptualized. In high-income contexts such as Europe and North America, programs often rely on cognitive-behavioral or EMDR-based interventions, while in low- and middle-income countries, resource constraints necessitate community-driven and culturally embedded responses. Raj and Sen (2023), examining rehabilitation programs in South Asia, found that culturally attuned rituals, peer-support groups, and vocational mentoring achieved better long-term outcomes than purely clinical interventions. This reinforces Mollica’s (2023) argument that cultural meaning-making is central to trauma recovery and should be recognized as a legitimate therapeutic pathway rather than an informal supplement.

At the policy level, emerging literature underscores the gap between international mandates and practical implementation. The United Nations Office on Drugs and Crime (2022) reports that while most signatory states have adopted the Palermo Protocol, fewer than 40 percent allocate sustained funding to post-rescue mental-health programs. Zimmerman and Kiss (2021) similarly highlight that funding for prosecution far exceeds rehabilitation budgets, resulting in a “justice imbalance” that leaves survivors unsupported once legal processes conclude. Recent analyses, such as Macy (2024), call for binding international standards that treat rehabilitation as a human-rights obligation rather than a charitable initiative.

A contrasting debate within current scholarship concerns the balance between individualized therapy and collective social reform. Clawson and Small (2020) contend that trauma recovery must prioritize individual clinical treatment before socio-economic reintegration, whereas D’Silva and O’Brien (2023) argue that without systemic change, access to housing, education, and legal status, psychological recovery remains incomplete. These opposing perspectives reveal that sustainable rehabilitation requires a multidimensional approach: one that attends to both the inner world of trauma and the external structures that sustain vulnerability.

Finally, new frameworks are emerging that link digital innovation and survivor care. O’Connell et al. (2025) explore tele-psychology initiatives and AI-supported case-management systems that extend psychological services to survivors in remote regions. While these technologies improve accessibility, they also raise ethical concerns about privacy and retraumatization, particularly in contexts where survivors’ data security cannot be guaranteed. Such developments point to an evolving research frontier, where mental health science, human rights policy, and digital ethics intersect to redefine what long-term rehabilitation can mean in the twenty-first century.

### **The Psychological Impact of Trafficking**

The psychological aftermath of trafficking is profound, often lasting for years. Survivors frequently suffer from post-traumatic stress disorder (PTSD), characterized by nightmares, intrusive

memories, hyperarousal, and emotional numbing. Depression, often linked to feelings of guilt and hopelessness, is equally common, while anxiety disorders compound daily functioning challenges. Survivors may experience panic attacks, phobias, and heightened vigilance, which interfere with rebuilding a sense of safety (International Organization for Migration, 2019).

Complex trauma, resulting from repeated abuse over time, further complicates recovery. This includes difficulty regulating emotions, maintaining trust in relationships, and forming coherent identities. Many survivors experience dissociation, manifesting as detachment from reality or fragmented memory recall. The impact on children trafficked at an early age can be especially devastating: developmental delays, disrupted attachment, learning difficulties, and long-term struggles with intimacy are well documented (Kendall-Tackett, 2005). Studies also note that survivors often experience somatic symptoms: headaches, chronic pain, and digestive issues, illustrating the close link between mind and body in trauma (Mollica, 2023).

Cultural and social contexts significantly shape survivor experiences. In many collectivist societies, survivors internalize shame due to perceptions of dishonor, while communities may stigmatize them, equating victimization with complicity. Such stigma compounds trauma and contributes to secondary victimization. For example, in parts of sub-Saharan Africa, survivors of sexual exploitation face ostracism that prevents reintegration, while in South Asia, cultural taboos about sexual purity exacerbate survivor isolation (Lederer & Wetzel, 2014). These layers of trauma demonstrate that psychological recovery must address not only individual experiences but also societal attitudes.

### **Rehabilitation as a Holistic Process**

Rehabilitation is not a singular intervention but a comprehensive and lifelong process. It must go beyond immediate assistance, which typically includes medical aid, legal representation, and crisis shelter. Holistic rehabilitation requires integration of multiple domains: mental health treatment, vocational training, economic empowerment, education, housing, and community reintegration (Derluyn & Broekaert, 2008).

Survivor-centered approaches are vital. These approaches treat survivors as active participants in their own recovery, rather than passive recipients of aid. Programs led by survivors themselves are particularly effective because they incorporate the survivors' lived experiences into service design. Survivor leadership ensures that interventions address real needs and empower individuals to reclaim agency (Surtees, 2013). For example, in Nepal, survivor-led NGOs have developed mentoring systems that combine psychosocial support with vocational training, resulting in higher rates of successful reintegration.

Case studies illustrate diverse approaches. In Nigeria, rehabilitation programs pair trauma-focused therapy with microfinance opportunities, enabling survivors to regain economic independence and reduce vulnerability to re-trafficking. In Italy, structured integration services provide language classes, access to healthcare, and job placements, addressing the layered needs of survivors in European contexts. In the Philippines, peer-led community groups create safe spaces for trauma processing while also strengthening community acceptance (Cohen, Mannarino, & Deblinger,

2017). Collectively, these examples emphasize that rehabilitation cannot be standardized but must be contextually grounded and adaptable.

### **Clinical Interventions for Long-Term Mental Health**

Clinical interventions form the backbone of rehabilitation, offering survivors strategies to process trauma and rebuild a sense of stability. Cognitive Behavioral Therapy (CBT) is widely used, helping survivors identify and reframe maladaptive thought patterns and cognitive distortions. Exposure-based techniques assist survivors in gradually confronting trauma-related triggers, while cognitive restructuring enables them to reduce self-blame (Choi, 2025).

Eye Movement Desensitization and Reprocessing (EMDR) has proven highly effective in mitigating trauma symptoms, particularly intrusive flashbacks and hyperarousal. Survivors who undergo EMDR often report enhanced emotional regulation and reduced psychological distress. Narrative therapy is another critical tool, as it allows survivors to reclaim their life stories and construct narratives of resilience (International Labour Organization, 2017). By reframing traumatic experiences, survivors gain agency over their healing journeys.

Group therapy plays an essential role by addressing isolation, which is one of the most damaging aspects of survivor experience. Group settings foster solidarity and normalize survivor struggles, creating a sense of belonging. Peer-support networks, where survivors mentor one another, amplify resilience by transforming shared pain into collective empowerment. In Uganda, survivor-focused group therapy has been linked to both improved psychological outcomes and greater social reintegration. Similarly, expressive arts therapy in India; through dance, painting, and music, provides non-verbal outlets that resonate deeply with young survivors, especially those unable to articulate trauma verbally (Bjerkan, 2005).

Culturally embedded practices must also be recognized. Indigenous rituals in Latin America, faith-based counseling in Africa, and traditional art therapy in Asia highlight how culturally sensitive approaches enhance effectiveness. These practices, when integrated with evidence-based models, honor survivor identities and provide pathways for culturally meaningful healing.

### **METHOD**

This study adopts a qualitative, multi-case design to explore long-term rehabilitation and mental-health support systems for survivors of human trafficking. The choice of a qualitative approach is informed by the complexity of the phenomenon, which demands nuanced understanding of lived experiences, cultural influences, and institutional responses that cannot be adequately captured through quantitative metrics alone (Creswell & Poth, 2023).

#### **Case Selection Criteria**

Three case studies were purposefully selected to reflect geographical diversity, differences in socioeconomic context, and varying models of rehabilitation. The selected regions; Nigeria (Africa), Italy (Europe), and the Philippines (Asia), represent distinct legal, cultural, and service-

delivery environments in which trafficking rehabilitation has been implemented. These cases were chosen based on three key criteria:

1. **Established Rehabilitation Programs:** Each context has an identifiable post-trafficking support framework that includes psychosocial or community-based rehabilitation.
2. **Availability of Documented Evidence:** Each case provides sufficient academic, policy, or NGO documentation for secondary data analysis.
3. **Relevance to Global Practice:** Together, the cases capture both Global North and South perspectives, allowing for comparative insights into systemic strengths and gaps.

### **Data Sources and Collection**

Data were primarily derived from secondary sources, including peer-reviewed journal articles, policy briefs, NGO reports, and publications from international organizations (e.g., IOM, UNODC, ILO). These documents were identified through targeted searches in databases such as Scopus, Google Scholar, and PubMed, using keywords like *human trafficking rehabilitation*, *trauma recovery*, and *survivor reintegration*.

To strengthen contextual validity, qualitative interviews and testimonies reported in prior empirical studies were also reviewed. These first-person accounts were used to illustrate psychosocial themes, coping mechanisms, and recovery trajectories across contexts.

### **Analytical Framework**

Data analysis followed a thematic content approach. Each case study was examined for three key domains:

- (a) clinical rehabilitation interventions (e.g., CBT, EMDR, group therapy),
- (b) community reintegration mechanisms (e.g., vocational training, social inclusion), and
- (c) policy or institutional structures supporting rehabilitation.

Themes were coded and compared across the cases to identify patterns of success and challenge, as well as cross-cultural adaptations in trauma-informed care. The analysis was guided by ecological and human-rights-based frameworks, emphasizing how individual healing interacts with systemic and policy environments (Bronfenbrenner, 2005; Zimmerman & Kiss, 2017).

### **Ethical Considerations**

Given the sensitivity of human trafficking research, this study relied exclusively on publicly available materials to avoid retraumatization or breach of confidentiality. All sources were appropriately cited, and survivor narratives presented in secondary data were anonymized by their original authors. Ethical standards for qualitative research were adhered to in accordance with the American Psychological Association's (2020) guidelines on research involving vulnerable populations.



## **RESULTS AND DISCUSSION**

Across the three case contexts; Nigeria, Italy, and the Philippines common themes emerge regarding the rehabilitation of trafficking survivors: the centrality of trauma-informed therapy, the importance of community reintegration, and the influence of policy infrastructure. However, these interventions function within distinct socio-political environments that shape their success or limitations. In Nigeria, for example, programs integrating cognitive-behavioral therapy (CBT) and microfinance empowerment demonstrate promise in rebuilding autonomy but are often constrained by underfunded health systems and cultural stigmas surrounding victimhood. By contrast, in Italy, the existence of structured state-funded programs allows for more sustained care, yet bureaucratic delays and limited survivor participation sometimes weaken individualized recovery efforts. In the Philippines, peer-led models highlight how community solidarity and collective healing practices can compensate for the absence of strong formal institutions.

From a theoretical standpoint, these findings align with Bronfenbrenner's ecological systems theory (2005), which emphasizes that human development occurs through dynamic interactions between individuals and their environments. The success of rehabilitation, therefore, depends not only on clinical intervention but also on the supportive interplay among family, community, and institutional systems. The data also resonate with the trauma-informed care framework, which posits that safety, trustworthiness, empowerment, and peer support are foundational for recovery (Hopper & González, 2022). When these principles are applied inconsistently, such as when survivors encounter stigmatization or legal insecurity, the rehabilitation process becomes fragmented, leading to partial or temporary recovery.

A more critical interpretation reveals the tension between universal therapeutic models and context-specific adaptations. While evidence-based interventions like CBT and EMDR have proven effective globally, they often require cultural translation to remain relevant. For instance, survivors in collectivist societies may prefer group-based or faith-oriented healing over individualized therapy (Raj & Sen, 2023). Similarly, survivor participation in program design, though widely endorsed, may be hindered by hierarchical gender norms or fear of reprisal. This variation underscores the necessity of contextual flexibility within standardized rehabilitation frameworks; a balance between fidelity to psychological science and sensitivity to cultural realities.

Despite these advances, the findings also expose structural inequities in global rehabilitation efforts. Programs in the Global North benefit from legal protections, trained personnel, and sustained funding, whereas those in the Global South often rely on donor cycles that limit continuity. This disparity echoes Zimmerman and Kiss's (2021) concept of "justice imbalance," where the rhetoric of anti-trafficking exceeds the resources devoted to survivor recovery. Addressing this gap requires international accountability mechanisms that ensure mental-health funding is not subordinated to law enforcement priorities.

### **Limitations and Cross-Cultural Challenges**

This study acknowledges that the case-study approach, while rich in contextual insight, cannot generalize to all trafficking experiences. Differences in culture, economy, and governance shape

both trauma manifestations and recovery trajectories. Another limitation lies in the reliance on secondary data, which may reflect institutional biases or omit marginalized voices such as male and LGBTQ+ survivors. Future research should incorporate primary qualitative interviews to deepen understanding of personal recovery narratives and evaluate how evolving technologies, such as telepsychology, affect access to long-term support. Moreover, cross-national collaborations between mental-health practitioners could strengthen global learning, fostering adaptive models that respect cultural diversity while maintaining clinical rigor.

### **Challenges in Rehabilitation**

While rehabilitation efforts have advanced, they continue to face structural, cultural, and systemic barriers. Financial limitations are perhaps the most significant, as funding for rehabilitation is often overshadowed by resources allocated to law enforcement or border control. As a result, programs are short-lived, leaving survivors without sustained support (Macy & Johns, 2011).

Social stigma remains a formidable barrier. Survivors of sexual exploitation, for instance, may be blamed or rejected by their families and communities. In some cultures, survivors are considered “dishonorable,” a label that prevents reintegration and diminishes prospects for marriage or employment. Such rejection contributes to cycles of poverty and vulnerability, increasing the likelihood of re-victimization (Oram et al., 2012).

Practitioners themselves face challenges in sustaining quality care. Exposure to traumatic survivor narratives often leads to vicarious trauma and compassion fatigue among counselors, social workers, and NGO staff. Without adequate supervision or self-care strategies, practitioners may experience burnout, reducing their effectiveness.

Institutional weaknesses further compound challenges. Fragile justice systems, corruption, limited mental health infrastructure, and bureaucratic inefficiencies often undermine rehabilitation efforts. In low-resource countries, the scarcity of qualified mental health professionals makes sustained therapy nearly impossible (Zimmerman & Kiss, 2017). These systemic weaknesses highlight the urgent need for capacity building, funding reform, and structural change.

### **Policy and Advocacy Dimensions**

Policy frameworks provide the structural backbone necessary for embedding rehabilitation within global anti-trafficking responses. While international conventions such as the Palermo Protocol establish legal obligations, implementation varies dramatically. Many states focus disproportionately on prosecution while neglecting survivor well-being. To remedy this imbalance, governments must explicitly incorporate rehabilitation into legislation and national action plans (Cohen, Mannarino, & Deblinger, 2017).

Effective policy requires dedicated funding streams for rehabilitation, particularly mental health services. Survivor-led organizations should be formal stakeholders in policy-making processes, ensuring that strategies are responsive to lived realities. Public-private partnerships can also play a



crucial role, leveraging resources from NGOs, businesses, and governments to sustain long-term support (Lederer & Wetzel, 2014)

The Sicily Declaration presents an unprecedented opportunity. By formally recognizing rehabilitation and long-term mental health support as human rights, the Declaration could reshape global policy priorities. Such recognition would also align with Sustainable Development Goal 3, which emphasizes universal access to mental health care. Furthermore, embedding rehabilitation commitments in international law would provide survivors with legal recourse and compel states to adopt survivor-centered policies (Derluyn & Broekaert, 2008).

### **Conclusion and Recommendations**

The findings of this study reaffirm that rehabilitation and long-term mental-health support for survivors of human trafficking are not peripheral humanitarian gestures but essential dimensions of justice and recovery. The cross-case analysis revealed that while interventions such as trauma-informed therapy, vocational empowerment, and policy support structures exist, their impact often depends on contextual alignment and systemic sustainability. In each regional case, the central challenge lies in balancing clinical treatment with social reintegration; a tension that reinforces the need for comprehensive, survivor-centered frameworks rather than fragmented service delivery.

The analysis also highlights several persistent gaps: inadequate funding for psychosocial programs, limited survivor participation in policy design, and insufficient cross-sector coordination between health, justice, and community systems. These deficiencies mirror the “justice imbalance” identified in the literature, where legal prosecution and rescue operations overshadow rehabilitation (Zimmerman & Kiss, 2021). The methodology further demonstrated that while secondary data provide rich comparative insight, empirical gaps remain, particularly regarding lived experiences of marginalized groups and the long-term efficacy of community-based interventions.

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