

The Psychological Trauma of Modern Day Slavery: Sex Trafficking and its Impact on the Field of Psychology in Thailand

Brooke Woodland

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Prof. Philip J. Gibbon, Adjunct Professor of History

School of Science and Health, Psychology

Assigned Country: Thailand

Section I: Global Trend of Human Trafficking

Due to the phenomenon of globalization, information, technology, finances, as well as goods and services, are easily exchanged between nations around the world. As a result of the spread of innovation, some of the poorest countries of mid-twentieth century, such as India, have progressed into having some of the most stable and growing economies worldwide. These economic improvements are attributed to advances in technology, which have led to industrial growth and an increasing marginalization of agricultural sectors. With the increase in industrial manufacturing comes the dire need for cheap human labor, which has encouraged the mobilization and exploitation of unskilled or low-skilled labor from outside nations, otherwise known as human trafficking (U.S. Department of State, “Trafficking... 2006”). Therefore, although globalization promotes technological and economic advancement globally, it coincides with the trafficking of vulnerable populations, a negative aspect of its existence (Mameli 69). As a result of this process, human trafficking has emerged as a global trend, which both fundamentally violates the human rights of those involved, yet continues to thrive as a result of corrupt government and organized crime, the profitability of the industry, as well as the increase in poverty-stricken populations in vulnerable nations.

The internationally agreed upon definition of human trafficking, outlined by the Palermo Protocol of the United Nations, is “the exploitation of human beings,” whether it be for sexual exploitation, forced labor, slavery, servitude, or the removal of human organs (United Nations, “Human Trafficking” 4). This process is carried out by individual or criminal organizations, and often involves elements of “threat or use of force, coercion, abduction, fraud, deception, abuse of positions of power or abuse of positions of vulnerability” (United Nations, “Human Trafficking” 4). The roots of human trafficking can be traced back to the era of slavery, which up until this

point, has been eliminated in all countries but Burma and North Korea (US Department of State, “Trafficking... 2006”). However, slavery has taken on a modern form in this billion-dollar industrial trend, resulting in the forced migration and labor of at least one million people each year internationally. As estimated by the US Department of State, 800,000 to 900,000 men, women, and children are trafficked globally each year, 18,000 of which are trafficked to the US alone, and a majority of victims are women and children, with 80 percent being female, and 50 percent being children (US Department of State, “Trafficking... 2006”). Therefore, women and children remain the most vulnerable populations for trafficking, and are continually experiencing the brunt of human rights violations worldwide. Although the US Department of State has reported nearly a million trafficking victims annually, this estimate does not even take into account internal trafficking, which the International Labor Organization reports could account for the annual exploitation of up to 2.5 million victims (Stone 32). Given these statistics, it is clear that human trafficking is a global trend negatively effecting millions of innocent victims each year, which has prompted countries around the world to try and put an end to it.

As declared by the United Nations in the mid twentieth-century, each person is entitled to universal human rights. However, human trafficking violates these very rights that are supposed to be granted. Due to the force, exploitation, and manipulation involved, this trend fundamentally violates the rights to “life, liberty, and security of a person,” the prohibition of slavery and slave trade in all forms, as well as that no one shall be treated in an inhumane or degrading manner (United Nations, “Universal Declaration of Human Rights”). As a result of the mistreatment and denial of basic rights to millions of individuals worldwide, countries have collaboratively tried to reduce and end this criminal industry. In 2000, the Trafficking Victims Protection Act (TVPA) was established in the United States, which was the first comprehensive

federal law to protect victims and prosecute traffickers internationally. Goals of the act include preventing trafficking overseas, providing assistance and rehabilitation to trafficking victims, and the establishment of severe federal prosecution procedures and penalties for traffickers (ACF, "Trafficking Victims" 1). Also, under the act, reports on current trafficking statistics are conducted each year in each country, and based on the number of individuals involved and the amount of government work being done to prevent the trend, each country is placed into one of four tiers on a watch list (Schuckman 87). Consequently, nations with high numbers of trafficking victims and low government action are placed into the lowest tier, and receive monetary penalties for their lack of attention to the matter. Since the establishment of the TVPA, the occurrence of trafficking has declined, but at an extremely slow rate, due to the refusal of cooperation from some nations, such as Indonesia, as well as from the flaw in assignment of nations to the watch-tiers (Tiefenbrun 268-269). Therefore, the number of trafficked victims has barely declined in the last eight years, still effecting over 2 million people annually (Stone 32).

Corrupt government and law enforcement officials are one factor that contribute to the growth of human trafficking, which is rampant in Asia and Eastern Europe. China serves as a source, transit, and destination country for trafficking, particularly for the commercial sex industry, and continues to thrive due to the active role of the government in the sale of human labor. For example, police officers and government officials often encourage trafficking through the acceptance of bribes by brothel owners for turning a blind eye to illegal activity, or by physically visiting brothels for sexual service (Schuckman 89). Officers and government officials continue to be paid off by organized crime groups in China, as well, which are heavily involved in supplying prostitutes for the commercial sex industry. The Chinese Triads, one such criminal organization in China, boasts different chapters and extensions across the globe, and

traffick women into prostitution from Asia to the United States and Europe in exchange for money (Leuchtag 12). During the process of trafficking, Chinese Triad members pay off police officers and government officials to ignore illegal activity or to falsely sign citizenship documents of the victims, which continues to stimulate international sex trafficking.

Similar practices are conducted in Russia, a nation notorious for political instability and police corruption. This country serves as one of the main sources for sex industry trafficking around the globe, with nearly 100,000 citizens being trafficked out per year (Enck 382). Also known as one of the largest mafia states in the world, organized crime groups in Russia conduct much of the trafficking, and exert great power and control over government officials. Through ties with officers and legislators, organized crime members involved in trafficking influence government officials to water down anti-trafficking laws, as well as to block newly formulated laws and action against the slave trade (Enck 383). Government officials are also bribed to provide false citizenship documents to organized crime members for trafficking victims, costing crime groups up to \$70,000, nearly half of their monthly trafficking profit (Shuckman 87). Therefore, it is evident that the bribery of government officials, particularly by wealthy crime leaders, is one factor contributing to this global trend.

The profitability of the human trafficking industry is another factor contributing to its intensification, which currently amounts to international revenue of \$10 billion per year (Yousaf 16). The trafficking industry is one with large profits, due to the low costs of forced human labor. Victims of trafficking are “expendable, reusable, and resellable” cheap commodities, particularly because they are withheld adequate food, wages, shelter, and health care, amounting to large profits for traffickers (Enck 374). Countries heavily involved in the trafficking industry reap the benefits of these profits, a large percentage of which is contributed to their national

economy, such as in Russia. In Russia, organized criminal groups control nearly 50 percent of the economy, and since organized crime is heavily involved in trafficking, much of the profit from this industry is contributed to and plays an important role in the Russian economy (Enck 383). Thus, human trafficking continues to exist because of the critical role it plays in national economies across the world.

Lastly, poverty affects the growth of human trafficking, as well, which plays an important role in the supply of forced human labor. Trafficking victims are taken from poverty stricken countries, and are most vulnerable due to little or no economic or occupational opportunities in their home nation. Current arguments exist whether an element of choice is involved for trafficking victims due to these limited economic opportunities. One argument is that victims of this industry are often seeking a better life, and therefore, voluntarily leave and/or participate in trafficking (Enck 387). This pattern is most evident in North Korea, where more than 100,000 citizens have voluntarily migrated to China due to economic stagnation in their home country (Davis 131). This nation, which has heavily relied on food, fuel, and technology from Russia, has remained in economic shambles following this country's collapse (Davis 132). With the collapse of their nation, the former Soviet Union's economic output decreased by half, severely limiting the amount of resources they could supply to North Korea (Davis 132). Combined with brutal agricultural disasters in the late 20th century, severe food shortages were experienced, resulting in the starvation of nearly 2 million North Koreans before the turn of the century (Davis 132). Things have yet to improve financially in the nation, with economic reforms in 2002 resulting in currency devaluation and raised food prices (Davis 133). Rather than face the poverty and starvation their country has to offer, many North Koreans have volunteered to leave in search of better lives, particularly under the false promises of employment from Chinese

recruiters. However, these recruiters end up being traffickers, who have successfully trafficked nearly 90 percent of North Korean women who have migrated to China (Davis 131).

Unfortunately, conditions remain so poor in North Korea that, even with the knowledge of trafficking activity in China, citizens still continue to voluntarily leave and enter this industry.

A similar pattern is evident in Russia, where nearly 80 percent of the unemployed population are women, which combined with a 20 percent poverty level, leaves women with very few economic options and thus extremely vulnerable to this kind of exploitation (Enck 388). For this reason, 70 percent of women in Russia have reported they want to leave and seek work in other countries, as confirmed by a study done in St. Petersburg (Enck 388). In this nation, becoming involved in human trafficking is the easiest and cheapest way to do this, leaving women voluntarily entering the industry in hopes of better living conditions. This trend is also seen in Burma, a Southeast Asian nation with a brutal military regime, corrupt government, and a 32 percent poverty level (Youngblood-Coleman 43). Rather than face rape, poverty, and oppressive government rule, individuals from this country, particularly women, also voluntarily choose to leave with trafficking recruiters in search of a better life. However, although the choice to leave is clear in these nations, expectations about the job and life are often not what is typically envisioned.

The idea that no choice is involved in trafficking, even when volunteering to leave, is the other end of this argument. Although most trafficking victims choose to leave, some would argue that they “become” trafficked because they enter circumstances and conditions not expected, from which they are then not able to escape (Arnold and Bertone 32). Also, those that do not volunteer to become trafficked are physically forced into labor, most likely sold by parents for the purpose of working off family debts to the government or organized crime

groups, which exhibits no exercise of choice. The overarching argument, however, is that no choice is involved when it comes to poverty. Even if an individual chooses to enter the trafficking industry, they do so because of few economic opportunities. Therefore, when left with few to no options, vulnerable populations are often forced to choose such a lifestyle in order to survive, which is not a just exercise of freedom and choice.

Sadly, human trafficking continues to exist in many forms, but no other type of modern day slavery is as extensive as that of sex trafficking. Defined by the TVPA as “any commercial sex act that is induced by force, fraud, or coercion, or in which a person induced to perform such an act is under the age of 18,” sex trafficking accounts for over half of all trafficking victims worldwide (ACF, “Sex Trafficking” 1). In 2005 alone, over 1.5 millions victims were trafficked internationally into the commercial sex industry, with victims primarily being trafficked from Southeast Asia, Africa, Latin America, and Eastern and Central Europe to wealthier, western nations, such as the United States and the United Kingdom (Stone 32-34). Women and children, the primary victims of sex slavery, continue to be forced into a variety of sexual activities, including prostitution, pornography, stripping, mail-order brides, and sex tourism, all of which can occur in public or private locations (ACF, “Sex Trafficking” 2). The trafficking of individuals into the commercial sex industry remains a top concern for international policy makers and human rights activists, but given the profitability of this \$7 billion dollar operation, it remains rampant (Leuchtag 11). Therefore, sex slavery, the most common and exploitative form of human trafficking, remains the most difficult to end.

Globalization has made it possible for nations to easily exchange ideas and technology, resulting in the further economic development and growth of countries worldwide. However, it has also heightened the demand for cheap human labor, leading to the adoption of human

trafficking to meet this need. This trend has been adopted on a global scale, and despite international efforts to fight it, continues to grow. Corrupt government, profitability of the industry, and poverty levels contribute to the increase of trafficking, but with the elimination of these problems, it is possible to weaken the trend and to end human rights violations.

Section II: Impact of Sex Trafficking on Psychology in Thailand

Human trafficking has a tremendous psychological impact on its victims as a result of the manipulation, abuse, and cultural shock experienced when forced to work a less than desirable job in a foreign country. These effects are most prominent in women and children trafficked into the commercial sex industry, and commonly involve depression, anxiety, post-traumatic stress disorder, and substance abuse (International Organization for Migration 229-230). Such psychological symptoms not only make it difficult for trafficking victims to live their daily lives, but create a significant barrier for reintegration into society, as well. For this reason, the trafficking industry has greatly affected the professional field of psychology, requiring extensive rehabilitative services for the growing number of rescued trafficked victims around the globe. The trafficking of victims for the commercial sex industry has had a comparable effect on psychology in Thailand, resulting in the creation and implementation of counseling services in rescue shelters, which remain brief and less than sufficient due to the lack of psychological and monetary resources available.

Thailand, a nation with a population of 65 million, has progressed from being one of the poorest countries in mid-twentieth century to currently having one of the most stable and growing economies in Southeast Asia, primarily as a result of industrialization (Warr 138). One industry that has contributed to this growth is that of commercial sex, which has been around for centuries and is now thriving more than ever, primarily due to its profitability and direct,

significant contribution to economic development (Rennell 30). This industry involves the offering of sexual services of women and children or inducing a woman or child to perform sexual acts in exchange for compensation (Willis and Levy 1417). Although prostitution was deemed illegal for the first time in the country in the 1996 Prostitution Act, Thailand remains the “regional hub” of the sex industry, with a population of nearly 2 million female sex workers (Rennell 30). Corrupt government is one factor that contributes to the growth of the industry, but the amount of money the industry contributes to the Thai economy is the main reason prostitution continues to expand. Since the mid-twentieth century, Thailand has primarily relied on private enterprises to achieve economic growth, and no other industry has contributed to this more than the sex trade (Rennell 30). For example, in 2003, the child sex industry alone contributed between 14 and 16 percent of the national GDP in Thailand, illustrating its importance to the economy (Rennell 30).

Much of this profit generated from the commercial sex industry is a result of sex tourism, with the biggest attraction being the sex trade. Due to the lenient laws on prostitution, exotic setting, and low cost of sexual services, individuals from wealthier western nations embark on sex tourism in Thailand (Nuttavuthisi 28). With the choice of a variety of ethnic women from different age groups, particularly those that are young adolescents, tourists can purchase sexual services with almost any type of girl they desire, which is why sex tourism attraction is so high. This notion first became popular during the Vietnam War, when the military of western nations discovered prostitution in Thailand. Today, the sex industry and tourism continues to be advertised in guidebooks, highlighting the infamous “red light districts,” as well as popular brothels, nightclubs, and massage parlors offering sexual services (Nuttavuthisit 24).

The foreign capital generated from sex tourism and prostitution, as well as from the newly formed automotive, electronics, and clothing industries within the country, has contributed to the development of the Thai economy, which has changed the population of workers in the sex trade (Nuttavuthisit 21). Traditionally, ethnic Thai women have worked in the commercial sex industry, but given positive economic growth and increasing occupational opportunities in the country, this number of women has steadily declined (Arnold and Bertone 32). However, the demand for prostitution and sex tourism has not altered, which has instigated a change in the women who are supplied to the industry. Due to the difficulty in employing women from newly industrialized cities in Thailand, the country now relies on trafficking illegal immigrants from surrounding countries, such as Burma, as well as women from ethnic tribe groups in northern Thailand, to work as sex slaves. Both of these regions are marked by poverty, corruption, and few educational opportunities, so women and children of these areas willingly migrate with traffickers in hopes of the better lives and economic opportunities that are promised. However, few of these victims are aware of the slave-like conditions, low wages, and sexual abuse they will face, as well as the physical force and psychological control under which they will be held by traffickers.

Traffickers use psychological control tactics to keep sex trade victims in the industry, which include intimidation, threats, deception, isolation, and emotional manipulation (International Organization for Migration 213). Sex trafficking victims break down due to this persistent and severe abuse, resulting in the manifestation of an array of psychological problems. For example, as reported in a study of post-trafficked women in Europe, 95 percent of the victims interviewed experienced physical or sexual violence while in a trafficking situation (Zimmerman 56). As a result of the abuse, almost all interviewed victims reported symptoms of

depression, as well as post-traumatic stress, putting them at the 95th percentile for psychological symptoms compared to the US adult woman population (Zimmerman 57). Substance abuse is another psychological disorder commonly seen in sex trafficked victims, as a result of the rampant use of alcohol in the prostitution industry. In order to subdue sex workers, traffickers often force these women to drink, or in most cases, women voluntarily use alcohol in order to perform the undesired sexual acts required of them (US Department of State, “Trafficking... 2006”). Regardless of the symptoms experienced, those trafficked into the sex industry are at great risk of severe psychological symptoms, which hinders both development and reintegration into society once they escape or are rescued from the industry. For this reason, psychological services are of utmost importance to the recovery of these victims, which have recently been developed in Thailand.

The profession of psychology is fairly new in Thailand, with its establishment occurring nearly 50 years ago. Today, the field is growing, but at a very slow rate, with only 400 psychologists serving a population of 65 million (Tapanya 69). Although there are only a few specialty areas in psychology due to the limited number of professionals, one such area is that of counseling, which has been developed and highly utilized for sex trafficking victims. However, psychological counseling services in Thailand remain brief due to limited educational training and national budget cuts for health care spending. For example, nearly 80 percent of professionals in the field have only an undergraduate degree, an equivalent in the United States that would not allow any psychology student to practice counseling (Tapanya 69). Also, recent limitations on health care spending have limited the amount of mental health services made available under coverage, particularly for low-income citizens. Psychological services are currently limited to acute psychotic episodes requiring hospitalization, which is only covered for

two weeks, and no type of psychological assessment or therapies are reimbursable (Tapanya 71). Therefore, counseling services are rarely available through hospitals or institutions for trafficking victims, which has led to the allocation of psychological treatment at rescue shelters throughout the nation.

There are a number of both government and privately funded shelters located in regions across Thailand in which psychologists are working with female trafficking victims. Currently, there are 6 government shelters run under the Department of Social Development and Human Security, all of which provide food, medical care, and counseling to recently rescued victims (ECPAT 30). The main government shelter is Bahn Kredtrakarn, located in Bangkok, with the capability of housing up to 500 rescued women and children (Arnold and Bertone 40). The primary goal of the shelter is to help reintegrate the victims into society, so staff provides both vocational and psychological coping skills to help them accomplish this. Therefore, women and children are taught sewing, basket weaving, and cooking to help them build the skills necessary to find a job, and are also given individual counseling by psychologists in order to deal with emotional problems they are experiencing from past trafficking-related trauma. Similar services are offered in privately funded shelters, such as the Center for Protection of Children's Rights Foundation. In such establishments, psychologists address the mental health problems of each girl individually, and deliver appropriate treatment on this basis (Arnold and Bertone 41). However, due to limited funds, counseling and shelter stay is much briefer, resulting in less thorough psychological treatment.

The main task of psychologists in the rescue shelters is to try and restore the mental well-being of the trafficked victims, which is evaluated and done through individual counseling. During counseling, psychologists are forced to focus on brief interventions due to the time

constraints, which include practical problem solving and behavior modification (International Organization for Migration 90). Psychologists in Thailand also help the victim learn or develop appropriate skills to cope with their emotions and to adjust to reintegration into society, which is a challenge, as well, due to the little time allocated during the victim's stay at a shelter (International Organization for Migration 90). The use of psychological medication would help make this transition easier for many victims, which can help to control depression and anxiety, psychological symptoms that can severely hinder confidence and the ability to function on a daily basis. However, due to the infancy of the profession, lack of training, and dismal funds for mental healthcare, the use of psychotropic medication is unheard of in Thailand, making it even more of a challenge to effectively treat victims. The combination of counseling therapy and medication is the most effective treatment for psychological disorders, illustrating the dire need for increased resources and training within the profession in Thailand. Although the trend of sex trafficking has resulted in the subspecialty of counseling, more time, funding, and resources must be created and allocated within the field of psychology in order to most effectively help trafficking victims recover and reintegrate into society.

Section III. Global Implications of Sex Trafficking on Psychology

Trafficking women and children for the commercial sex industry is taking place worldwide, with victims from poor, unstable nations being sent to those that are wealthy and industrialized, involving nearly all countries around the globe. A majority of the million victims trafficked each year are forced into the sex trade, which with the establishment of the Trafficking Victims Protection Act, has fortunately been declining (US Department of State, "Trafficking... 2006"). Along with stricter laws and penalties for trafficking, recovery programs have recently been developed, as well, to address the psychological needs and societal reintegration of victims.

The implementation of recovery programs and shelters has been occurring around the world, but with some countries offering much more extensive psychological services than others, resulting in greater integration rates in certain countries and regions. Psychologists in the United Kingdom, Austria, and Burma are currently providing such psychological treatment for sex trafficking victims, which vary from nation to nation in accordance with political stability and the monetary resources available.

The United Kingdom serves as a destination site for sex trafficking victims, whom are smuggled in from Central and Eastern Europe, as well as from Asia, to work in prostitution. Currently, few established services for medical care, psychological support, and educational and occupational training to assist trafficking victims are in existence (Stephen-Smith 52). However, the recovery programs that are available are world-class as a result of the nation's booming economy, as well as their long-established psychology profession. The United Kingdom is a leading financial center in the world, and currently boasts a trillion dollar economy (CIA, "United Kingdom"). With nearly 80 percent of the labor force working in services and the capacity of the government to allocate increasing funds to health care, the psychological services developed and offered to victims is that of the best in the world (CIA, "United Kingdom"). Also, as a result of government stability and commitment to humanitarian efforts, recovery centers and services continue to be developed. For example, in March 2007, the United Kingdom signed Article 12 of the Council of Europe Convention, which requires the state to provide support and rehabilitation to trafficking victims, including housing and counseling, which will continue to spur the movement of psychological assistance for these women and children (Stephen-Smith 53).

One of the psychological centers of excellence in the United Kingdom is POPPY, the sole government-funded service provider for women trafficked into prostitution (Stephen-Smith 51). Established in 2003, this recovery center has aided over 140 women, and consists of a 24/7 outreach team of psychologists and clinicians to help victims “develop the skills, confidence, and resources to move on and live independently” (Stephen-Smith 53). An identifying feature and strength of this program is the access to specialist counseling, which not only takes into account the contextual circumstances of the victims, but the cultural factors as well, resulting in effective individualized treatment. Another strength of POPPY is the longevity of services provided, which is uncommon in countries such as Thailand that do not have extensive psychological or monetary resources. Studies on post-trafficking facilities have shown that it takes at least 90 days for victims to show significantly lower levels of psychological symptoms, such as depression or anxiety (Stephen-Smith 54). Therefore, the long-term services provided by POPPY, which can last up to two years, can directly be attributed to the successful recovery and reintegration of victims.

The treatment offered by the POPPY project is broken down into three stages, with the first being crisis intervention. This occurs during the first four weeks of treatment, at which time victims primarily reflect on what has happened to them, which has been found to be a critical step for informed decision making in the future (Stephen-Smith 54). During this stage, psychologists work to make the victims feel safe through the development of a supportive and trusting relationship that is essential for full recovery (Stephen-Smith 54). Meeting the ongoing needs of the victim is the second phase of treatment at POPPY, which can last up to a year after the initial treatment. At this time, victims from the project begin to move to permanent or supported housing, yet continually meet with social workers and psychologists at least every

three months for reviews of resettlement progress (Stephen-Smith 55). After completing this stage, victims progress into the final phase of independence, at which time education and training, employment and financial assistance, and supported housing are provided to help victims begin to live on their own. The examination of POPPY shows that psychologists take an active and ongoing role in the recovery of those trafficked into prostitution in the United Kingdom, and through their extensive services, the recovery rate of these victims is most likely that of the highest in the world.

Austria is another country involved in human trafficking that serves as a source or transit site for sex traffickers, rather than a destination site, primarily due to its central location in Europe. As in the United Kingdom, few psychological recovery centers for trafficking victims are available, but the two programs established provide brief, but thorough services. Austria has a multi-billion dollar economy, but is driven primarily by the banking and insurance sectors, resulting in little emphasis on knowledge-based sectors, such as psychology (CIA, "Austria"). In combination with a budget deficit in the last two years, Austria is unable to contribute as many monetary and psychological resources as the United Kingdom toward recovery centers, which has resulted in comparable, but much briefer, forms of resettlement and reintegration programs for sex trafficking victims.

The primary organization providing psychological services to rescued sex workers is LEFO, an NGO originally founded in Vienna in 1985 to counsel, educate, and support migrant women (LEFO). However, since January 1998, this organization has primarily focused on the recovery of sex trafficking victims. At this time, LEFO established the IBF Intervention Center for Victims of Trafficking in Women, in which psychologists currently work with women and child prostitutes (Janstcher 3). Legal, social, and psychological counseling is provided, as well

as temporary shelter where victims are given such services on a daily basis, but such services are only provided for weeks to possibly a few months (LEFO). Besides offering services in IBF, LEFO also sends psychologists to deportation centers to counsel trafficked women who are being sent back to their home nations, a stressful and often dangerous event due to the conditions that force a woman into such areas of work in the first place. SILA, a counseling center for prostitutes founded in 2003, offers very similar psychological services in Vienna, as well. Multilingual psychologists work in this shelter, enabling counseling for victims from all across the world, which not only eliminates communication barriers, but also allows victims to feel more comfortable and open (Janstcher 4). Also, individual counseling provided by psychologists focuses on the importance of social issues, such as culture, education, and occupation, ensuring the best plan and most realistic recovery goals for each victim individually. Overall, LEFO and SILA display a strength in brief counseling, which is very similar to the psychological services offered in Thailand, but lack the longevity that has been proven to be necessary for the full recovery of trafficking victims, illustrating Austria's need for increased funding and recovery centers.

Burma, a nation recently marked by political and economic havoc, remains one of the largest source countries for sex trafficking, yet puts forth one of the weakest efforts in terms of psychological services for victims. Recovery centers and programs are essentially non-existent due to the lack of economic stability and deteriorating health care system in the nation. For example, Burma only spends 0.4 percent of their total GDP on health care, of which relatively nothing is put toward mental health (Youngblood-Coleman 43). Little to no health care funds, combined with a mere 35 percent of the labor force working in services, leaves little to no room for the professional field of psychology, resulting in a lack of recovery programs for victims

(CIA, “Burma”). The militaristic and politically corrupt government of Burma has also dampened recovery efforts, failing to care or comply with minimum international standards to eliminate trafficking. Currently, the Burmese government requires a 30-day rehabilitation program for victims of sex trafficking, but due to political instability and lack of enforcement, assistance remains limited (US Department of State, “Trafficking... Burma, 2007”). Also, the temporary shelters established by the Department of Social Welfare focus on vocational training, resulting in no psychological services (US Department of State, “Trafficking... Burma, 2007”). Therefore, the psychological needs of trafficking victims are not met in Burma, as they are in Thailand, the UK, and Austria, illustrating the dire need for the foundation of this professional field or the relocation of psychologists from other nations.

The practice of human trafficking has severe psychological effects on its victims due to the coercion, threat, and isolation involved, which in return has created the demand for psychological services and recovery centers around the world. These programs excel and continue to develop in industrialized nations with vast resources and internationally abiding governments, while they suffer and cease to exist in poor nations that have some of the highest trafficking rates in the world. Although some form of psychological treatment is being offered in a majority of countries, few victims continue to be helped, as illustrated by the mere 140 women who have been treated out of the thousands that have been trafficked into the UK in the last few years (Stephen-Smith 53). Unfortunately, the UK represents one of the highest recovery rates in the world, and with the increasing number of victims trafficked annually, mental global health will continue to deteriorate due to continuing human rights violations. These tragedies illustrate the urgent need for greater international humanitarian efforts and the increased implementation

of psychological training and facilities across the globe, which can possibly be accomplished through globalization, the very process that has created this disastrous trend.

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