

**ART THERAPY AS AN INTERVENTION TO MITIGATE THE TRAUMATIC  
EFFECTS EXPERIENCED BY VICTIMS OF HUMAN-TRAFFICKING: A CASE  
OF KUMASI METROPOLIS, GHANA.**

by

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## DECLARATION

I hereby declare that this submission is my own work towards the PhD and that, to the best of my knowledge, it contains no material previously published by another person nor material which has been accepted for the award of any other degree of the university, except where due acknowledgement has been done in the text.

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## DEDICATION

I dedicate this thesis to the pleasant memories of Mr. JMK Afari and Mrs. Rosa Akosua Osibudui Afari alias Daada my late parents in honour and fulfilment of my “promise”.

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## ABSTRACT

Human trafficking is a crime that has become a notorious phenomenon and iconic for contemporary slavery. It is premised on life distortions caused by wars, frequent interferences in democratic governance by the armed forces and natural disasters affecting the supply of essential commodities for which reason, many people suffer deprivation. This development creates opportunity for criminal gangs to exploit the vulnerable especially, women and children. In spite of the stringent laws at both national and international levels aimed at preventing the crime, several media reportages in Ghana revealed intermittent rescuing of human trafficked victims by the Ghana Police Service and some NGOs. The aims of the study were to identify and describe the causes of human trafficking in Ghana and their types and also to examine the existing social interventions available for victims of human trafficking and their effectiveness in dealing with the trauma associated with human trafficking. Additionally, the study aimed to determine how Art Therapy can be used to assist victims to recover from their trauma, since preliminary investigation indicated that these rescued victims exhibit series of traumatic dispositions at the police stations due to the trauma they suffer. The Qualitative and quantitative research designs were adopted to collect data on human trafficking. Case Study, Phenomenological Study, approaches were used together with interview, observation and questionnaire as instruments to determine trauma and its effects on these rescued victims. Whereas, purposive and snowball sampling techniques were used to select the population for the study. Content Analysis was also adopted to review the available social interventions and their effectiveness to deal with trauma of victims; whereas, Art Therapy was used to induce non-verbal communication of these voiceless, emotionally buttered and traumatised victims through drawing sessions and the artworks produced revealed the instabilities suffered in their emotional world. Through directed and non-directed themes in drawing, victims were observed to consistently, get releases as they shred various levels of traumatic dispositions and were healed emotionally and their attitudes resumed normal functioning. Art Therapy was identified to be effective in mitigating trauma of human trafficked victims. Their growth of healing was demonstrated through their artworks. Efficacy of Art Therapy in healing buttered emotions was revealed as these human trafficking victims were observed to regain their lost-selves and identity, which enabled their successful

reintegration. The methodologies applied facilitated the identification of causes and types of human trafficking prevalent in Ghana. Also the social interventions available for victims and limitations to their effectiveness in dealing with trauma associated with human trafficking were identified. The study has established Art Therapy as an effective intervention in healing the remote stressors that resulted into emotional instability of human trafficked victims. Further, the study outcomes indicated that Poverty, Religious Issues, Gender Roles and Abusive Parents were the major causes of human trafficking in Ghana. The study also revealed that the Social Protection division of the Ministry of Gender, Children and Social Protection was under resourced in terms of human and logistics so could not effectively perform its mandated duty of offering professional counselling services leading to reintegration as required by laws. The use of Art Therapy was identified to be effective, cost effective and a timely intervention in dealing with trauma experienced by human trafficking victims and it was observed to have multi utility effects in addressing trauma. For this effectiveness, cogent and logical conclusions and recommendations were made to the Government of Ghana and, the Ministry of Gender, Children and Social Protection to incorporate Art Therapy as a complementary intervention to counselling services so as to accelerate the healing process of human trafficked victims to normal functioning. The Government of Ghana was encouraged to recruit Art Therapists to offer services to victims.

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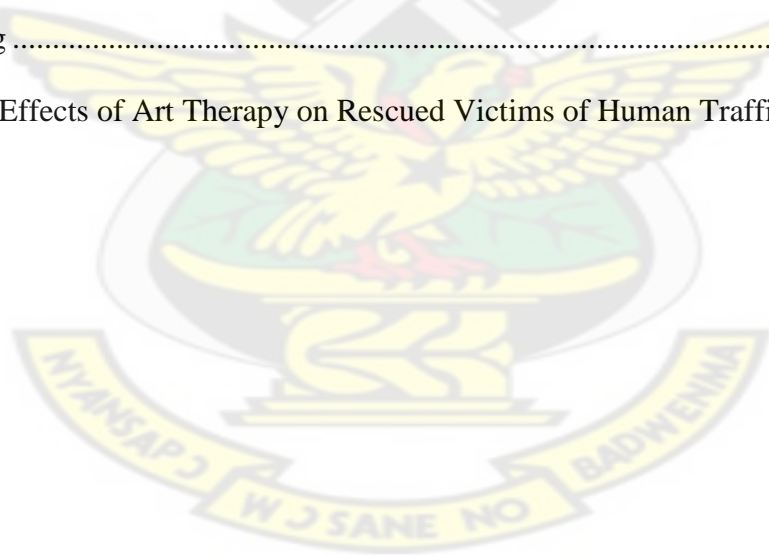
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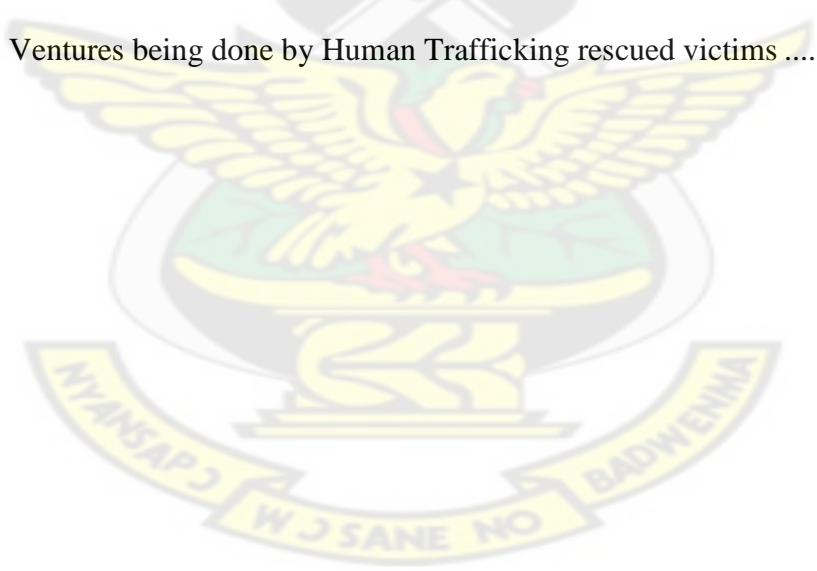
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## CHAPTER ONE

### INTRODUCTION

#### 1.1 Background to the Study

The world peace has been subjected to a sequence of unpleasant occurrences of immeasurable manner through wars and frequent military interferences in democratic governance. This position has brought a lot of hardship for which citizens of such nations suffer vulnerability. Jimenez (2008) presents that such hardships and miseries are traceable to instability emanating from economic and political threats that affect belief systems and culture. Unfortunately, the most predominantly affected population are women, young girls and children; who become vulnerable to sexual violence, at times adopted deliberately as weapon for intimidation (Elias & Dermont, 2008). Emotionally, such individuals get displaced and suffer greatly. Woodhouse & Duffey (2008) and Jimenez (2008) explain that the fluidity of conflict is an ambiguous phenomenon and largely premised on misrepresentation in societal life results into a break in value system within the community.

Conflict situation stimulates poverty, anxiety and disturb government policies and promotes acute constraint to social services delivery, in the case of education, medical care and its attendant inadequacies prevailing in the supply of vital goods and services. Inflation leading to exorbitant prices of goods and services disturbs nations, and encourages the acceleration of black marketing and this pushes to disadvantage, the establishment of the physical infrastructure, including access roads, bridges, electricity energy supply, public

transportation, telephone and internet communication services which results in social disorder, leading to relocation of native peoples (Elias & Dermott, 2008). Besides the discomfort and hardships, they undergo as they relocate to unfamiliar places (Elias & Dermott, 2008). They further explicate that the nonexistence of these necessities of life exert great pressure on women and children specifically, the girl child to earn a living. Criminal gangs take advantage of the vulnerable in such situations and traffic them for exploitation. Meanwhile, communal life and intermarriages between different clans and tribes of Ghana have contributed to the progress of peaceful coexistence (Aba-Afari, 2011; Aba-Afari, Osei, & Adu-Agyem, 2015).

Human trafficking is modern slavery and it refers to a variety of crimes associated with the economic exploitation of people (Burke, 2013). It is one of the unresolved social challenges to the world and this expresses uncertainty to the safety of humankind, because its effects convey to a large extent very far reaching negative consequences that transcends the victims, their relatives as well as people identifying with victims' environment for which the larger society is not exempted. It attracts the title of a modern day slavery because it adopts the features of slavery which breaches the fundamental human rights of its victims (Koricanac, 2013); therefore, a criminal activity which is presented in the dimensions of labour, sexual exploitation and organ transplant. Burke (2013) explains that victims experience various degrees of trauma which is dependent on the extent and details of the trafficking situation and also the trauma suffered, largely assume some threatening heights of these human trafficked victims' sense of safety and security that carry the possibility of physical harm. This life-threatening phenomenon is experienced as either a

single or a repeating event, which absolutely crushes victims coping mechanisms and seriously, interferes and impedes their ability to integrate easily and make sense of their emotions and thoughts that have link to their traumatized experiences. Impressively Levine (2009) opines that trauma and its effects cannot be easily estimated and understood in relation to the suffering victims go through since trauma cannot be factored into any quantified measures in a cognitive way. This robs victims of their life of productivity through fragmentation of experiences and also prevents any complete recognition of their fragmented traumatized experiences. Besides, Levine adds strongly that victims of human trafficking attain a powerless position before trauma which confounds and directs them into a mass chaotic emotional environment affecting their normal functioning. Victims suffering from trauma Hass-Cohen, Findly, Carr and Vanderlan (2014) suggest, do exhibit memories that vary from very strong nonverbal and depending on their situation, to express strong emotions, that reflect their traumatic state; nevertheless, they are helpless and weak in mentioning such traumatic experiences. In addition, they express that since traumatic recollections are not related, victims of trauma greatly lose relevancy of connection to time, place and meaning; and this becomes a weakness to integrating such victims to their real-life records of what they might remember.

Brewin, Gregory, Lipton, and Burgess (2010) expound that in some instances, some victims make strenuous attempts to retrieve these lost realities of their past though, but they develop emotional instability which becomes an obstacle for them to do the retrieval. This setback (Brewin et al., 2010; Lanius et al., 2010) admit is caused by illness of hyper-arousal resulting from panic, complexities of stress and high anxiety that limits and

deactivates the section of the brain that initiates verbal communication and cognitive contextualisation. Notwithstanding, Herman (1997) explains that it is essential to safely process these victims' traumatic experiences and recollections which is prerequisite to their recovery; therefore, Art Therapy as an intervention can be successfully used to assist victims of trauma to recollect their lost self-identity and also assist in removing flashbacks and unpleasant traumatic memories (Brewin et al., 2010). Premised on the above discourse, it will be of essence to mention that trauma is an enemy of personal human development for this reason, it is necessary that human trafficked victims who suffer trauma need to be assisted especially so, in Ghana.

The United Nations Convention against Transnational Organized Crime (CTOC) is the primary legal instrument adopted by the U.N. General Assembly resolution 55/25, to combat transnational organized crime. This took place at the U.N. conference in Palermo Italy and was signed by member states including Ghana on 15th December, 2000 which was entered into force on 29th September, 2003 (Burke, 2013). Accordingly, Burke (2013) explains that the essence of this protocol is to prevent, suppress and punish those engaged in trafficking especially women and children. In view of this protocol; the Ghanaian Parliament enacted (Act 694 of 2005; L.I. 2219 of 2015) to prohibit trafficking of human beings in Ghana. Nevertheless, in spite of the law, there are frequent media reportage of arrests of human traffickers and victims rescued by the police and other security agencies (Owusu, 2012). For instance the "Founder" publication of Wednesday November 7 with the captions "4 Human Traffickers rounded-up, 46 victims rescued," "...I had sex with 12 men in a day" (pp.1, 3) did spotlight the negative effects victims

undergo. Here 46 victims of Nigerian nationality between the ages of 17 and 25 were trafficked from their home country to Ghana; with promises of providing them with available good jobs in Ghana, but were forced into practising commercial sex. Their daily proceeds were then handed over to their traffickers, who are a criminal syndicate. Further, the “Daily Graphic” publication of June 7th (2014), presents a caption “...Sex Workers Arrested”, “Thirty-one commercial sex workers and two male patrons in police custody” (p.3).

The effects of deception slapped on these victims in terms of the sexual exploitation and their new role as prostitutes have the propensity to trigger trauma, hence; remedies including Art Therapy which is non-threatening can be used to assist them overcome their trauma.

Art Therapy is an ancient universal healing power which is available within the natural world, and depends on the inherent therapeutic power of the arts and this energy is available and accessible to any person that engages in the art (Rubin, 2010). It entails the use of different art media through which traumatized victims express and work through issues and concerns that occasion in the trauma situation and the resultant self-loss (Case & Dalley, 1992). In addition, Rubin holds that, the therapeutic energy of the arts is helpful as an intervention in life crisis situations and through drawings sufferers give symbolism and forms to their nightmares, anguish and despair that becomes a key to understanding and reducing their trauma with its resultant pains of fear and dread. Ulman (nd) as cited in Rubin (2010) accept that Art Therapy is the “meeting ground of the inner and outer world” ... and “a means to discover both the self and the world and to establish a relationship

between the two” (p. 25). To add, she expresses Art Therapy as the procedures designed purposively to assist in effecting favourable changes in a person or in a living condition which invariably, outlast the session itself. Levine (2009) also expounds that the meanings art provide through symbolism and forms offer a platform of unity and harmony a synergy; that is for reconciling people during difficult, desperate and vulnerable life complexities which traumatised victims of human trafficking are no exception.

Humanity has persistently endeavoured to rediscover meanings and concepts of life. Levine (2009) posits that this search is being carried through artistic expression or symbolism as the arts are employed as means of redirecting experiences by identifying shapes and forms that relate to life situations by use of “imaginative transformation” (p. 18). Rubin (2010) suggests that these symbolic expressions which are very pronounced in the visual arts are especially seen in body decoration rituals, costumes, beautification of sanctuary or shrine, masks and the use of magical visual symbols like talismans, dolls or totems. This brings to the fore, the relationship between the arts and the magic power of imagination with emphasis on the universality of symbolism and forms. Rubin (2010) further expresses the view that Art therapists in the past and present have continued in the tradition of engaging the natural forces of the arts to offer healing to their clients. Often, these healing rituals are laced with rhythms of chants, drum beats, dance movements and storytelling accompanied by a lot of body arts. Such activity of natural artistic environment offer peacefulness to the soul of the sufferer and reconnects him or her back to life.

## **1.2 Statement of the Problem**

Human trafficking is a crime in Ghana and also a violation of the human rights of victims of this crime (Act 694 of 2005; L.I. 2219 of 2015). Human trafficking is however, the second largest criminal and a profitable business industry worldwide for which the International Labour Organization (ILO) mentions that, profits obtained from such exploitation total \$217-8 billion annually so a lot of criminals are attracted to human trafficking due to its financial turnover (COESPO, 2013).

Preliminary investigations conducted by the researcher revealed that, victims of this crime are deceived and lured into believing that perpetrators could provide them with available jobs for them to change their poverty stations of life; only to be sexually exploited, abused, and also forced into prostitution and servitude. Further, interactions with women practicing prostitution within the commercial centre of the Kumasi Metropolis indicate that some of the sex workers are victims trafficked from neighbouring countries into Ghana under the pretext to work and earn genuine income. But at their destination in Kumasi they were forced into taking oath to deities and vudu effigies to put fear in them not to escape; and subsequently forced them into commercial sex and other exploitation. Notwithstanding, the laws of Ghana frown on human rights abuses and also protects individuals from the crime of human trafficking because it is a dehumanizing behaviour leading to sexual abuses, exploitation and deaths (United Nations Educational, Scientific and Culture Organization, 2007).

As a Crime Officer of the Ashanti Central Division of the Ghana Police Service in Kumasi for six years at the time of conducting this research, and also the former Commander of Anti-Human Trafficking unit (AHTU) of the Ashanti Regional Police Headquarters, the researcher has observed that victims of trafficking are sexually abused and exploited, raped and subjected to varied levels of emotionally brutalised environment. Most of the victims rescued to the unit exhibit dispositions of trauma which was difficult for the unit to handle as there were no counsellors to offer them the needed professional assistance as required by the human trafficking laws of Ghana. Although the Criminal laws of Ghana punishes criminals of this offence, it seems that not enough attention is given to victims of human trafficking; who have lost confidence in life to regain themselves through effective governmental, medical, educational and social interventions leading to reformation and self-actualization and reintegration though the law recommends that victims be offered professional counselling services (Act 694 of 2005; L.I. 2219 of 2015) to facilitate their reintegration. These victims return to prostitution and other forms of social vices forced on them by their traffickers because of lack of self-esteem, lost identity, home and stigma (Owusu, 2012). They are left without professional assistance (Aba-Afari, 2011).

This study therefore, seeks to investigate social assistance given by the state and other non-governmental agencies to victims of human trafficking such as shelter, decent means of livelihood, and reintegration into their families and how they provide these services to victims. The enquiry will identify the factors that drive these rescued victims to the street and employ Art therapy as an intervention to help them recover from their trauma, to attain self-actualization and make appropriate and timely choices to recover their lost lives. The

study will also determine if the Ministry of Children, Gender and Social Protection of Ghana and the Ghana Police Service have any intervening programs for victims of human trafficking after they are rescued and perpetrators punished; and suggest Art Therapy as premium, and cost effective tool for improving the system to assist victims of human trafficking to gain emotional control over their lives.

### **1.3 Objectives of the Study**

1. To describe the causes of human trafficking and their types in the Kumasi Metropolis.
2. To examine the existing politico-social interventions and their effectiveness in dealing with the trauma associated with victims of human trafficking.
3. To determine how Art Therapy can be effectively used to assist victims of human trafficking to recover from their trauma

### **1.4 Research Questions**

1. What causes human trafficking and what are its types in the Kumasi Metropolis?
2. What are the existing politico-social interventions and how effective are they in dealing with trauma associated with human trafficking?
3. How can Art Therapy be used to assist victims of human trafficking recover from their trauma?

## **1.5 Delimitation**

Geographically, this research is limited to female human trafficking victims located at Adum, Tasco, Vienna-city, Old Tafo, Kwadaso, Wood Village, Plaza at Dicheonso, and Girl-Child Prostitutes at Asafo and Kajetia all in the Kumasi Metropolis, in Ashanti-Region of Ghana.

Content wise, the study focused on the causes and types of human trafficking; existing social interventions and their effectiveness on traumatic victims and the use of Art Therapy to mitigate the trauma of victims. The “Art therapy” used in this study refers to only drawing and shading and painting by traumatised human trafficked victims who have been lured, deceived and forced into varied forms of exploitation.

## **1.6 Limitations**

Human trafficking is a clandestine criminal activity operated by high powered criminal gangs, who are very connected and have great amount of control over their victims through physical, emotional and psychological abuse. This development posed a huge challenge for the researcher to identify such unreached human trafficking victims who are still under the guard of their “captors” control in the underworld. This group of victims are usually rescued by the Ghana Police, the Immigration and other Non-Governmental Organizations. Several calls to the Anti-Human Trafficking Unit of the Ghana Police Service- Kumasi revealed that, the population sought for can only be reached and rescued through Police Intelligence, tipped-off information from police informants and other good spirited individuals from the communities. Though the researcher interacted with the population of the Prostitute communities in the Kumasi Metropolis, they declined the offer of Art

Therapy. On the merit of this, attention was placed on studying only the rescued victims of human trafficking within the Kumasi Metropolis.

### 1.7 Definition of Terms

The following technical words or terms have been used in this research are explained as:

- **Trauma:** Disposition of helplessness caused by emotional injuries to human trafficking victims.
- **Art Therapy:** The use of art through drawing to facilitate communication with trauma victims with the aim of assisting them to overcome trauma and attain self-recognition and healing from emotional instability.
- **Drawing:** Images created by victims of human trafficking to communicate feelings of their emotional world during Art Therapy sessions.
- **Art Based Assessment:** The use of any combination of verbal, written, and art tasks chosen by the professional art therapist to assess the individual's level of functioning.
- **Adum:** Commercial centre and a suburb in Kumasi.
- **Ashawo:** Prostitute or commercial sex worker.
- **Burgarism:** Ghanaians domiciled in Europe and America that visit home.
- **Chief Pimp:** The man that controls and directs affairs within the prostitute Community.
- **Counselling:** Professional assistance offered individuals suffering from trauma to assist them re-access their emotional stability and self.
- **Client:** An individual in need of a professional assistance.

- **Counselling-room:** A room exclusively assigned to a counsellor to offer professional services to clients in need of assistance that ensures confidentiality.
- **Confidentiality:** The bond secret between the counsellor and client.
- **Criminals:** Individuals who breach the national and international laws.
- **Criminal Justice System:** Is the system of practices and institution of governments directed at upholding social control, deterring and mitigating crime, or sanctioning those who violate laws with criminal penalties and rehabilitation efforts.
- **Prostitutes' Father:** The Chief Pimp.
- **Galamsey:** An illegal mining in Ghana.
- **Human Trafficking:** Criminal process in which unsuspecting individuals are deceived, lured, transported to a different location for exploitation.
- **Madam/s:** A female criminal syndicate leader who finances and controls the activities of trafficked persons and also the final beneficiary of incomes accrued through exploitation of their victims.
- **Master/s:** The male criminal syndicate leader who finances and controls the activities of trafficked persons and also the final beneficiary of incomes accrued through exploitation of their victims.
- **The Palermo Protocol:** The primary legal framework to combat trafficking in humans and a supplement to the UN Convention against transnational Organised Crime (CTOC).
- **Punishment:** Refers to penalties that are inflicted by the power of the state, that is, the authority of law after a court has found the defendant guilty of a crime.

- **Prostitute Community:** Areas within the Kumasi Metropolis where commercial sex is practised.
- **Victims of Human Trafficking:** Individuals trafficked by criminal gangs to new destinations for exploitation and abuse who are rescued by the Police and other state agencies.
- **Vudu:** The use of witchcraft and magic to manipulate and control victims.

### 1.8 Abbreviations

- **AHTU-**Anti Human Traffic Unit of the Ghana Police Service.
- **COESPO-** Centre of Excellence for Stability Police Units.
- **CJS-** Criminal Justice System.
- **CTOC-** The UN Convention against Transnational Organized Crime.
- **DAP-** Draw-a-Person.
- **DDS-** Diagnostic Drawing Series.
- **DSM-** Diagnostic and Statistical Manual of Mental Disorders.
- **FEATS-** Formal Elements Art Therapy Scale.
- **HTP-** House-Tree-Person.
- **ILO-** International Labour Organization.
- **PTSD-** Post Trauma Stress Disorder.
- **REBT-** Rational Emotive Behaviour Therapy.
- **SDT-** Silver Drawing Test of Cognition and Emotion.
- **U N-**United Nations.
- **UNESCO-** United Nations Educational, Scientific and Cultural Organization.

- **UNICEF**- United Nations Children’s Fund.

### **1.9 Importance of the Study**

1. The findings of the study will be of importance to the Ministry of Children, Gender and Social Protection and the agencies of the Criminal Justice System in Ghana, such as the Police Service, the Judiciary and the Prison Service since it will help them to understand the effects of trauma on human trafficking victims so as to develop strategies to curb the crime of human trafficking in Ghana. This will also create awareness and help reduce the criminal tendencies in perpetrators of human trafficking in Ghana.
2. This research will be beneficial to Counsellors and their related agencies such as Non-Governmental Agencies as it will project Art Therapy as a relevant intervention in assisting trauma victims of human trafficking particularly, in Kumasi and Ghana as a whole. It will also provide them with the requisite knowledge in identifying and treating victims of human trafficking who need their help as well as making the right referrals for victims to seek professional assistance.
3. The study will serve as reference material for further researchers in the field of human trafficking, trauma and Art Therapy as intervention for mitigating trauma among victims of social vices.

### **1.10 Organization of the Rest of the Text**

Chapter Two focuses on review of the available related literature on the study. Chapter Three consists of the general methodology of work which touches on the research design, research methods, population for the study and sampling techniques, plus the instruments employed in collecting and analysing the data. Chapter Four outlines the presentation of analysis and discussion of findings. Chapter Five gives a summary of the study, conclusions and recommendations to the entire dissertation.



## **CHAPTER TWO**

### **REVIEW OF RELATED LITERATURE**

#### **2.1 Overview**

This section presents the theoretical and conceptual framework of this research and reviews related literature in order to examine what other scholars have or have not considered with regard to the topic. The review serves as the pillar and direction for the study and has touched on the following headings.

- Human Trafficking.
- Theoretical Review of Human Trafficking.
- Empirical Review of Human Trafficking.
- Trauma.
- Theoretical Review of Trauma.
- Empirical Review of Trauma.
- Art Therapy.
- Theoretical Review of Art Therapy.
- Empirical Review of Art Therapy.

#### **2.2 Human Trafficking**

Human trafficking issues have attracted a lot of global attention for some time now and (Capobianco, 2013) admits that in spite of the attention gained, it is of recent that governments have directed significant approaches to have this alarming situation addressed by the synergy drawn from the international arena.

This includes sexual exploitation and abuse of vulnerable women and children and, sometimes, their forced relocation to areas where demand for their services may exist (Elias & Dermott 2008). Further, trafficking of human beings at times occurs for the reasons of sexual exploitation, which Hoque (2010) opines to be a major contemporary challenge to humanity and this creates opportunity for defenseless young women and children to be sold into sexual slavery or be forced to become prostitutes, either in their own countries or elsewhere in the world. Rosga (2010) also suggests that this situation did force many women and girls to escape armed conflict areas to safety for which they constitute a majority of the world's refugees and internally displaced persons. Besides, living in these insecure conditions makes them more vulnerable to sexual harassment, assault and psychological abuse.

### **2.2.1 Causes of Human Trafficking**

Several instances can be assigned as causes to trafficking of human beings especially women, children and young girls, even though this phenomenon is as old as human existence. United Nations Educational, Scientific and Culture Organization Report (2007) presents that human trafficking has assumed various stages in history but in the context of globalization has acquired shockingly new dimensions. Bastian (2005) adds that illegal international adoptions and organ transplant as well as cheap labour for agriculture and domestic servitude are some of the traceable causes.

### **2.2.2 Globalization**

Globalization and control of national borders, according to Chuang (2006) have seen rapid increase not only in international capital and goods but an increasing labour migration as well. Chuang assumes that the wealth disparities created by globalized economy promotes increasing intra and transnational labour migration that affects options for livelihood in less wealthy countries and communities; as employment opportunities have almost vanished. Further, it mentions that human trafficking is multifaceted and has multiple stakeholders at both institutional and commercial sex level. The indication is that traffickers and their accomplices have protection and due to its financial gains, advance efforts to meet the demand and supply of the globalized commercial sex industry.

### **2.2.3 Armed Conflict**

The sporadic outbreak of violence in Africa has uprooted, devastated and wiped out communities leading to deep feeling of wounds, mistrust, betrayal and hate; that results into further conflict and violence. Jimenez (2008) says that one of the causes of contemporary armed conflicts is related to the control of economic resources such as oil, metals, diamonds, forests and water, which brings disruption of territorial limits. Fighting for resources promotes militarization of forces from governments, rebel and militia groups as occurring in Nigeria, Ivory Coast, Sudan, South Sudan, Congo, Libya and Mali in Africa, and elsewhere. Lederach (1997) argues that contemporary armed conflicts are fuelled more by psychological or cultural factors than substantive issues. Accordingly, the UNESCO Report (2007) explains that magnified armed conflict distortions as well as severe hardship, insecurity and acute poverty and high scale of mass unemployment of the

youth become the undertone for which human trafficking strives because this menace is premised on poverty, low education and unavailable job possibilities.

Conflict and post-conflict environments where State institutions have collapsed or become dysfunctional, including those that uphold the rule of law, are breeding grounds for criminal activity and the exploitation of vulnerable populations. In addition, such armed conflict locations become recruiting points for the trafficking of human beings for use as labourers, forced prostitutes or as slaves. Rosga (2010) agrees that in some regions, the trafficking of boys and girls as Child-Soldiers and involuntary prostitutes has been a prominent occurrence. Elias and Dermott (2008) also lament that vulnerable young women and children are sold as commodities for exploitation either as labourers, domestic slaves, farm hands or for harvesting of their organs to ready buyers far away from their homes and families. Armed conflict promotes the trafficking of human beings for use as for forced prostitution, or as slaves. Rosga (2010) again asserts that, trafficking exploits human beings for revenue by using them in the “sex trade as cheap labour, and sometimes as sources for internal organs harvest” (p.8). In support Elias and Dermott (2008) say that trafficking in human beings often occurs along with other illegal activities by organized crime groups, including drug trafficking and illegal arms trafficking.

#### **2.2.4 Poverty**

Jimenez (2008) asserts that poverty leading to hard conditions of living increases the high vulnerable position of the poor in communities of conflict therefore, they fall prey to the hype of criminal gangs who promise good jobs and life to these increasingly vulnerable

persons and traffic them from their locations to other parts of the world in order to exploit them for economic gains.

## **2.3 Empirical Review of Human Trafficking**

Trafficking in persons is modern-day slavery, involving victims who are forced, defrauded or coerced into labour or sexual exploitation. The US State Department Report (2005) as cited in UNESCO POLICY Paper (2007) discusses that 600,000-800,000 people are trafficked annually across international borders; of which 80% are women and girls, of whom 50% are minors. The FBI Report (2002) holds that people are snared into trafficking by many means. In some cases, physical force is used. In other cases, false promises are made regarding job opportunities or marriages in foreign countries to entrap victims.

### **2.3.1 International Instrument on Human Trafficking**

The Protocol to Prevent, Suppress and Punish Trafficking in human beings , especially Women and Children, of year 2000 also known as “the Palermo Protocol” a supplement to the United Nations Convention against Transnational Organized Crime (CTOC), which is the primary international legal framework to combat trafficking defines trafficking as cited in the World Health Organization Paper (2012) as follows:

“the recruitment, transportation, transfer, harbouring or receipt of women or children, by threat or use of force or other forms of coercion, abduction, fraud, deception, abuse of power or vulnerability or the giving or receiving of payments or benefits for the purposes of exploitation” (p1).

This protocol has three key elements:

**Action:** This involves the recruitment, transportation, transfer, harbouring or receipt of persons.

**Means:** This includes any means of threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation.

**Exploitation:** which comprises exploitation shall include, at a minimum, the exploitation of the prostitution of others or other forms of sexual exploitation, forced labour or services, slavery or practices similar to slavery, servitude or the removal of organs (Act 694 of 2005).

Kanics (2008) opines that, the consent of the victim is irrelevant when any of the means outlined above have been utilised. Furthermore, in the case of children, defined as anyone under 18 years of age, actions taken with the purpose of exploitation shall be considered trafficking even when the means have not been used.

#### **2.4 Victims of Human Trafficking**

Trafficking in humans is a globalized menace that has attracted attention due to the devastation suffered by the affected individuals. Skelton (2000) as cited in Taylor (2002) and Koricanac (2013) express the view that human trafficking has obtained the title of a latter day slave trade controlling its captives through coercion, deception and violence leading to dramatic abuses of the human rights of the victims. The US Bureau of Public

Affairs Report (2004) argues that trafficking in persons poses a multi-dimensional threat to victims as it deprives them of their human rights and freedoms. It devastates victims causing them to suffer from physical and emotional abuses premised on rape, threat of harm to victims and their families. In some instances, victims even suffer death. Most victims are traumatized for which they suffer from emotional relapse and behavioural inconsistencies. This development undermines the safety and security of all nations.

#### **2.4.1 Child Trafficking and Prostitution**

Children represent the future of their communities all the world over. On this background, most parents endeavour to raise their children in the context of high moral values. Schools and religious organisations as well as governmental interventions on children also do their best to instil and strengthen these societal values in them. However, globalization and technology have created a huge space for children to access information outside their confines through the internet and social media. Gummow (2013) opines that sex trafficking and commercial sexual exploitation of children trigger greater public outrage. The focus is on the plight of women and young girls, while young boys have been essentially left out. He further says that boys are equally affected by sex trafficking and transgendered youth are considered a high-risk and a hidden population. Jay (2008) reveals that 50% of commercial sexually exploited children in the United States are boys alone and Child Pornography is also at its peak. Jay (2008) explains that most children are not pimped into commercial sex life but rather recruited by familiar procurers or friends known to them who do not manage their work but rather facilitate them by offering shelter or referring them to buyers in exchange for clients or a share of their earnings.

### **2.4.2 Rape**

The Ghana Criminal Offences Act of 1960 (98) as cited by Mensa-Bonsu (2008) defines rape as “the carnal knowledge of a female of not less than sixteen years without her consent” (p.115). Meanwhile, section (97) mentions that, “a person who commits rape commits a first degree felony and is liable on conviction to a term of imprisonment of not less than five years and not more than twenty-five years” (Mensa-Bonsu, 2008: p.115). The position of the Ghanaian law demonstrates a heavy frown on forceful sexual intercourse with any female without her consent. It is however, regrettable to observe that, female victims of Human Trafficking have been tortured and dehumanized through rape in succession for the financial gains of their “masters”. In some conflicts, armed groups target women and girls for victimization as a calculated policy in their efforts to destabilize society and gain political, military or economic advantages.

Some of the most shocking and weird manifestations of this were seen in the conflicts in Rwanda and the former Yugoslavia (Rosga, 2010). In other weird instances, (UNFPA 2006) reveals that, rape of women aimed at purposely infecting them with HIV/AIDS has recently added another deadly dimension to this form of crime against women. This saw observable increases in HIV/AIDS infection of women along the corridors of armed conflict as some combatants, use rape as a weapon of war (UNIFEM).

### **2.5 Theoretical Review of Human Trafficking**

The menace of Human Trafficking cut across diverse institutions and establishments and its activities are systematically, entwined into a multitude of activities (Mandisa & Lanier, 2012). They also made mention of the fact that to understand the concept and its activities

there is the need to combine the various theories to provide an integrated and an in-depth explanation and understanding to that effect.

Lanier and Henry (2004) in buttress expound that the crime of human trafficking has multifaceted causes therefore; integrated theoretical framework is required to better explain the phenomenon. On merit of the above premises the Rational Choice theory, Demand theory, Economic theory, Constitutive theory and Aba-Afari-Okukuseku theory are reviewed to offer some understanding to the concept of Human Trafficking.

### **2.5.1 Rational Choice Theory**

Rational choice theory holds that criminals just as any human beings are rational beings and they take their decisions to indulge in crime on the premise of costs and benefits attached to crime commission (Mandisa & Lanier, 2012). Criminals are strong willed naturally and (Lanier & Henry, 2004) as cited by (Mandisa & Lanier, 2012) say that criminals go through the process of making criminal decisions on the bases of free-will and it requires observing available opportunities, and circumstances including any situation that will facilitate the effectiveness of their strategically well planned criminal scheme. For further understanding, (Brown, Esbensen, & Geis, 2008) opine that rational decision process relating to crime includes the choice of victims which is determined by the crime type and the modus operandi. In addition, time and location to perpetrate the crime and how to conceal their identity thereafter is prominently factored.

This suggests that criminals take keen interest to profile their victims so as to maximize higher opportunities in their criminal exploitations. The criminals observe how to access

any of their potential victims in terms of time and place where there is utmost vulnerability so they could prey on them employing the most appropriate and easiest methodology to avert apprehension by the Police or any security agency (Mandisa, 2012). Lanier and Henry (2004) say that some rationalists strongly hold the view that, perceptions, motives, skills and the ability to identify potential opportunities become the underlying factor directing their process of making decisions.

It is therefore notable to say that the rationalist position is adaptable in explaining some aspects of the concept of Human Trafficking. The premise is that, per the rationalist theory, rational decision making, cost and benefits, and free will is highly exercised and it also explains the processes involved in selecting victims of Human Trafficking which criminal gangs perpetrating this crime adopt. This approach has not captured the threat and force aspect per the definition of human trafficking. However, to a large extent, the researcher is of the view that though emphasis is on criminals, it should be appreciated that some victims will as well employ this approach in making a rational choice and cost and benefit analysis as to the benefits to be accrued especially in seeking greener pastures outside. They do this with their own freewill and with no force; but invariably, predispose them to high vulnerability to be trafficked since recruitment of victims in this regard is done with coercion, deceit and other forms excluding threat and force.

### **2.5.2 Demand Theory**

Demand usually means the desire or preference by a customer for particular goods and services in the labour market. However, in the case of Human Trafficking, the International

Labour Organization (ILO, 2006) states that, theoretically, this concept for demand for labour or services expresses exploitation that involves the abuse or breach of the victim's fundamental human rights. This is the case because in the supply of the demand for services, the supplier makes profits by abusing these human rights. The ILO further expounds that the meaning of demand is heavily loaded with the criminal intention of exploiting the individuals providing such labour or services. The demand for prostitutes controls the supply to the chain of prostitution markets. Hughes (2004) suggests that the demand chain can be categorized into three and these are; users or purchasers of sex, profiteers from selling sex, and socio-cultural attitudes towards sex. Hughes additionally, explains that users or purchasers are individuals who offer payment to prostitutes to offer sexual services to them. Profiteers from the sex trade is the entire Entertainment Industry which includes owners of brothels, dance-hall, strip clubs, soap lands, massage parlours, sex clubs where sex is sold (Dean, 2008; ILO, 2005; Komai, 2001; US Dept. of State, 2012). The third group (Hughes, 2004) mentions the academia and media reportage on prostitutes constitutes part of socio-culture attitudes regarding sex. With regards to the rationale behind sex purchasers and prostitute ownership; (Mandisa & Lanier, 2012) opine that, the media rendition of sexual services is likely one of the reasons women and girls are being trafficked into forced prostitution.

The use of sexual need for men has predominantly existed in humanity. However, the concept of Human Trafficking has redirected its meaning and usage in recent times. The buyers and users of sex from prostitutes (Hughes, 2004) as cited by (Mandisa & Lanier, 2012) state that they are heterogeneous in nature as their needs and expectations vary

considerably of which the base factor is to satisfy their intimate sexual insufficiencies in terms of needs and desires. The thinking of (Nandwani, 2006); (Hughes, 2004); (Mansson, 2006); & (Macleod, et al., 2008) is that, the current intimate relationship experiences of men, coupled with their taste for unfamiliar sex, and their acknowledgement of the concept of folktale of rape and sexual violence against prostitutes; as well as their perception of prostitution and prostitutes and men's unemotional attachment during the sex process could be a strong factor for men to seek prostitutes. In addition, some buyers of prostitute services go in so as to violate them by inflicting physical, emotional and sexual violence on them.

Another phase of sex buying is the cultural perception associated with prostitution which (Mandisa & Lanier, 2012) suggest forms norms and value system for which men pay for sex, in addition to the moral importance they attribute to prostitution, serves as premise for which prostitution strives and its resultant trafficking of women and girls. The consumers of sex (Coy, Horvath, & Kelly, 2007) and (Macleod et al., 2008) argue that they hold the perception of sexual aggression and superior manhood, premised on values obtained culturally to dominate women and also avenge women whom they felt disrespect or intimidate them in the past relationships. This is heightened in communities who see prostitutes and prostitution as detestably disgusting for this reason (Mandisa & Lanier, 2012) agree that these prostitutes are least shown any sympathy for the violence perpetrated against them. Though, some men intentionally use prostitutes to satisfy their sexual urges others also engage them to compensate for the shortfalls and limitations in their normal relationships. The physical and emotional violence perpetrated against these

prostitutes far outweighs what these men could perpetrate against their partners in the normal relationship. That in the context of prostitute-client transaction both parties are relatively strangers meeting for a very short engagement. However, the violence made against these trafficked prostitutes is the meaning of men strategy to endorse and assert their perceived weakness in their normal intimate relationships thus, forcing them to indulge in difficult and dangerous sexual styles which literally, highlights the vulnerability of trafficked women and girls for prostitution where their bodies become tools for clients sexual gratification. Another school of thought holds that the several appealing advertisement and academic journal publications and internet create the impression that trade and procurement in sex is lucrative and acceptable by society (Mandisa & Lanier, 2012). Mass production of sexual images of prostitution and the media advertisement (Mansson, 2006) suggest could be the rationale behind men thinking of sex and their eagerness to pay for sex services since the media depicts sex glamorously.

The demand theory is also suitable in providing meaning to some aspects of the concept of human trafficking as it projects the reasoning for the striving prosperity of the crime of human trafficking and since victims of human trafficking have multiple user qualities. The case is that victims can be moved from one location to another to serve exploitative definitions of need either in the brothel as prostitute or as a stripper in a pup etc. The argument is that, since the media carry heavy advertisement in easy trips to developed economies such as Europe and America with its current phase of Dubai with awaiting job facilities, the demand and supply for human trafficked victims will continue to flourish. Additionally, victims who gain their freedom will continue to perpetrate the crime by

moving back to their home origins to recruit other unsuspecting victims as they will not share their story to their community for fear of stigma. The assumption is that, other unsuspecting victims will willingly offer themselves to be taken to Europe with least coercion because of the media advertisement that aroused their passion to live in an advance country to enjoy the pleasantries of life. Again, the concept of “Burgarism” (any Ghanaian returning from an advance country) thrives in Ghana as premium is put on sojourners in such advanced countries.

### **2.5.3 Economic theory of Crime**

The commission and non-commission of certain actions and behaviours of people perpetrating crime can be attributed to the economic considerations as per the gains to be gotten. Witt & Witte (2000) opine that in economic theory of crime, criminals make decisions that suggest semblance to crime free projects. People perceiving that their expected income from legal work is insufficient as compared to income from illegal work will compromise and commit crime to realise their goal. This theory posits mainly that, individuals commit crime basically because they identify that the gain in criminal activity such as Human Trafficking is higher than earning a genuine income notwithstanding, the chances of arrest and prosecution and any concurrent losses (Persson & Siven, 2007; Eagle & Betters, 2007). Whereas, Pratt (2008) and Witte & Witt (2002) explain that peoples’ actions are guided by both legality and illegality especially when such actions are deemed to yield higher economic returns as in relation to illegal financial yielding. The addition is that, criminals perpetrating human trafficking are hardly arrested and prosecuted and if it were the opposite, where criminals are easily arrested and prosecuted and severe prison

sentences given, it will check and minimize the crime and since their current chances of gain outweigh the punishment; criminals are persuaded economically to perpetrate human trafficking. McCray (2006) as cited by (Mandisa & Lanier, 2012) introduce an economy perspective where he discusses that, human trafficking criminals take economic decisions to make profit in their investment by stringently identifying the benefits and other advantages available to them and also put in measures to reduce the occasion of getting into trouble with officers of the law.

The economic theory is suitable for understanding the numerous investments on television and the social media of free transportation, free accommodation and available job offers for victims at their destination made by these criminals. Furthermore, it also elucidates as to the criminal ganging or syndicate involving both high and low profile personalities including some officials of governmental agencies due to the illegal economic rewards attached to the crime. Further, the theory gives validity to multi-usage of victims from one location to another for their exploitation and economic advantage to these criminals; for victims are moved to exact strategic locations to indulge in prostitution or begging for alms and especially, anywhere these criminals think that victims' economic value will yield appreciable income.

#### **2.5.4 Constitutive Theory of Crime**

The constitutive theory of crime avers that power and equality establish some differences that are socially constructed that allow harm, pain and deprivation to be inflicted on the lower class. Lanier & Henry (2004) indicate that cultural and structural fabric of

communities promote the kind of criminal activities that are to be attempted into at some specified locations geographically. Further, criminologists adhering to this theory submit that criminals commit huge investment in crime transactions and do adopt all negative means possible to achieve their set goal without any consideration to the humanity of their victims.

Mandisa & Lanier (2012) agree that the interconnectedness of the countries of the world both continentally and at regional levels has made commerce, travelling and tourism opportunities more readily available and accessible. The world at global level and its attendant crises in the various regions of the world has given room to interwoven criminals to invest in crime and due to the inequalities of power, intimidate victims of human trafficking and throw them in hurt way. The cultural fabric in relation to the basic requirement of that society determines the vulnerability of any likely victim to be picked. Essentially, the criminals express outmost interest in the vulnerable.

To an extent, this theory explains the strength and complexity with which criminals use economic power to lure unsuspecting victims to their fold easily. Besides, the use of internet, android phones, WhatsApp, and YouTube have actually improved communication and drastically; reduced continental distance or global space and time to the least. This has improved the environment for criminals to perpetrate the crime of human trafficking as most of them become faceless in recruiting their victims. These premises explain human trafficking effects on victims at the secondary level where victims at various destinations are forced to do activities against their will but, amidst fear of death or death of their family members.

### **2.5.5 Aba-Afari -Okukuseku Theory of Human Trafficking**

However, none of the theories reviewed talked about the socio-political stability in terms of the social cohesion and political emancipation of the so called less endowed third-world countries to the supposedly advanced economies like America, Britain, Germany, Holland and other juicy parts of Europe where these vulnerable victims are trafficked to for exploitation.

Aba-Afari (2011) and Aba-Afari et al. (2015) assert that in Ghana which is in West Africa, the family is made up of clans and ethnic groupings that enjoy common values and mostly live together in the same community. The emphasis is that these groups have the same or similar language and members are able to communicate effectively. Besides, there is a structured authority that translates into every sphere of communal life. Control starts from the home to the family head, the clan head, and the chief of the clan and to the paramount chief. The control system is very effective as everybody becomes interested in the good and welfare of the other, and this development brings constant social cohesion. The father is the highest authority in the home and in his absence, authority moves to the mother, then to the eldest child of that family and he or she assumes responsibility of control.

At the family level, the family head (Abusuapanyin) keeps control over all members of his family by addressing disputes and during celebrations, he leads his people to enjoy the merriment of the time. This control system is extended to the Chief of the clan who is the overall authority in the clan. The clan chief is subordinate to the paramount chief who becomes the overlord of the community and he is responsible for the political and social protection and prosperity of the entire community; and as a result, he attracts honour and

respect from his community members. With this structure, peace manifests as family members live in large family homes where food and other necessities of life are provided and children, young girls and boys are groomed to become good adults. With this structure, the researcher exerts that, deviants were punished to serve as deterrent to others, which was good for progression of the community which saw, family names seriously, protected.

However, in the advent of Western education and their political system into Ghana, the country saw the introduction of their penal system that destroyed the social equilibrium of the communities (Aba-Afari, 2011) laments. Ghanaian names carry power and also invoke the memories of achievements of ancestors who bore them. Hence, most communities name their children after their ancestors which express indication of continuation. So children bearing such names are trained to comport themselves to live in harmony of their names. However, the naming of Ghanaian children with European names, such as Johnson, Brenda, Freda, Stephen, Francis, Francisca, Leo, Leona, etc. instead of Bretuoba, Gyamfi, Gyamfiwaa, Adutwum, Adutwumwaa, (Akan names) or Kekeli, Mawuli, Mawulolo, Esinam, Amenuveve, Dzigbordi, Etornam, Selorm, Selikplim, Sedzor, Setor (Ewe names) just to mention a few; has made most Ghanaian children and adults alike to lose their identity of who they are culturally. Meanwhile, names and family membership play critical roles in the lives of Ghanaians because they serve as the link between the living and the ancestors as well as an advertisement of the individual's lineage and pride (Aba-Afari, 2011). She again argues that the political and penal system of the Colonial administration in Ghana invariably reduces the power and authority of the traditional authority. Hitherto,

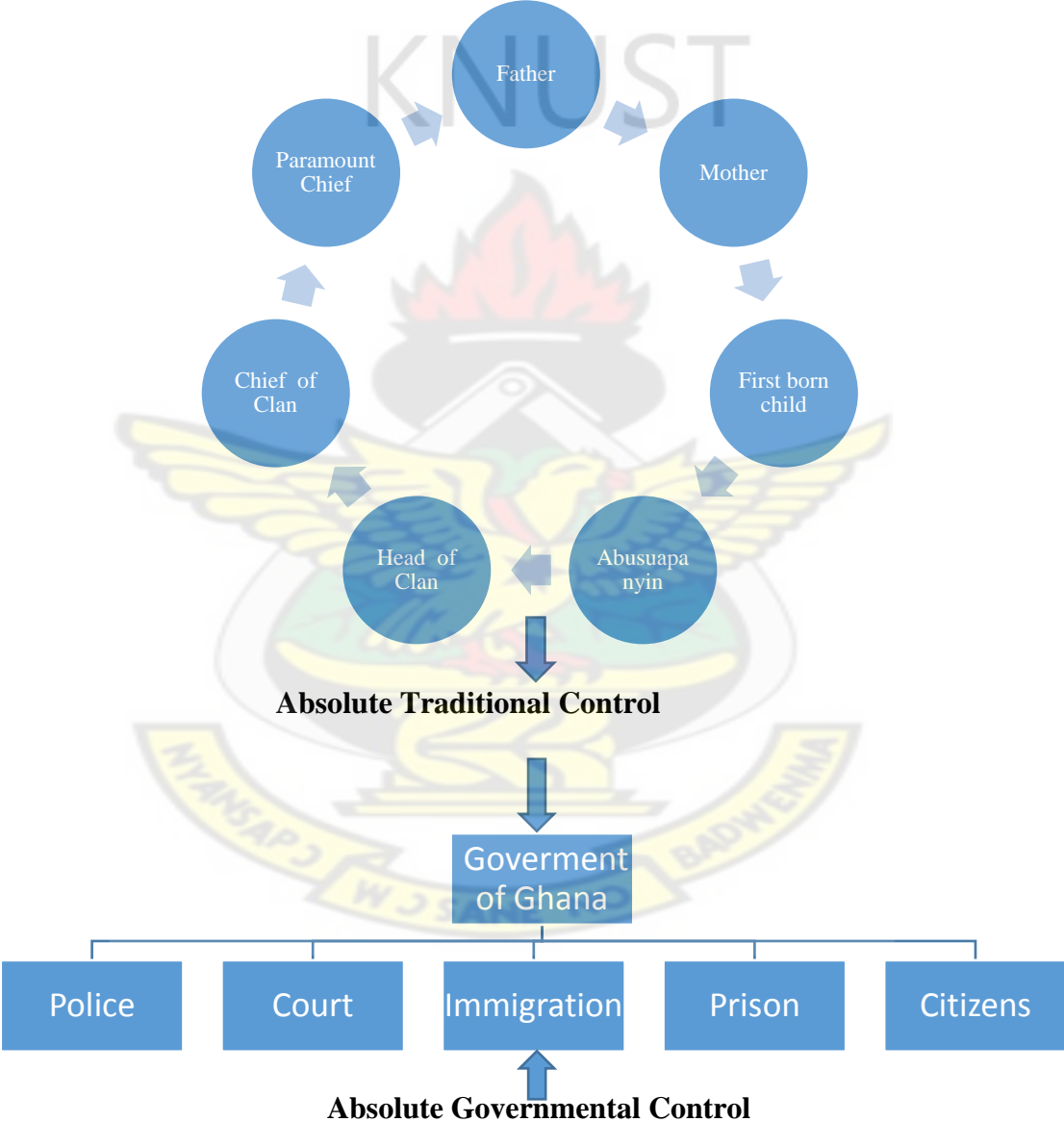
offenders were arraigned before the family court for settlement but if the matter is beyond them it was then referred to the chief for continuation.

This development has also steadily, redirected the attention of the Ghanaian to the governmental courts for settlement of disputes instead of the chiefs. Ghanaians who travel abroad for education or business return with a lot of affluence that attract others to also attain such heights at all cost. This creates opening for the child and adult alike to be trafficked to Europe, America and Asia for employment only to be told at their destination to indulge in prostitution and other vices shunned with scorn in their local communities in Ghana. Since, some of them have no absolute Ghanaian names but have Christian names of European origin attached to their names, it becomes easy for them to drop the semi Ghanaian name and use the European names such as Erica, Irene, Faustina and Gifty among others, to practice the prostitution with ease as no family member could be identified with such names. Besides, since the traditional structure of control is damaged so even the father has no absolute control over his child.

Even though, other theories may be applicable in the Ghanaian context, the researcher is of the view that the major factor attributing to the crime of human trafficking is the damage caused to the family and traditional socio-political structure of control; because the majority of rescued victims of human trafficking the researcher interviewed posit problems relating to the family. Nevertheless, the hope is that, if the government relinquishes some of its powers back to the traditional authority made up of the family and home system, the high trend of human trafficking in Ghana will reduce to the lowest minimal.

The traditional control structure of the Ghanaian community before the advent of the colonial political structure where the home and family featured prominently in leadership has been indicated in Figure 2.1.

**Aba-Afari-Okukuseku Theory of Human Trafficking-Ghana Perspective**



**Figure 2.1 Aba-Afari-Okukuseku Theory**

### **2.5.6 Integrated Theoretical Framework to Human Trafficking**

Theory integration is the blending of concepts in the various disciplines and theoretical framework to give a vivid explanation of crime such as human trafficking which (Mandisa, 2012) suggests has a high-level membership of offenders. This theory, (Brown, Esbensen, & Geis, 2007) and (Lanier & Henry, 2009) are of the view that, the combination process allows for the selection of the best elements of already existing theories to explain better, the remote and secondary causes of criminal behaviours in relation to Human Trafficking.

From the discussions held above, it is observed that Rational Choice Theory, Demand Theory, Economic theory of Crime, and the Constitutive Theory of Crime have helped to some extent in explaining the crime of human trafficking from different general perspectives. However, the Aba-Afari-Okukuseku Theory has brought in the Ghanaian content vividly to compliment the above theories as foundation to this study.

### **2.6 Trauma**

Trauma is a Greek word for bodily injury to the skin or wound to the body (Encarta, 2009). According to Rassool (2007) the word trauma was adopted by (Freud, 1920) as a metaphor, to give explanation as to how the mind, as the major protector of the body and skin can also be wounded through negative human experiences. Trauma is the word used to describe negative experiences or instances that invoke emotionally, painful and distressing outcomes, that render the victim overwhelmed and powerless to deal and cope with his/her circumstance. Herman (1992) reiterates that traumatic occurrences devastate the ordinary systems of care that offer human being a sense of control, association and

significance. The American Psychological Association (2015) describes trauma as an emotional reaction an individual has to a particularly appalling event. Such a traumatic event defies the victim's ability to cope. Trauma (2014) adds that trauma is in reference to situations that are out of the perspective of normal human behaviour. Events such as violence, accidents, natural disasters, rape and torture among many other terrifying situations can overwhelm people and break down their coping mechanism leading to stress and trauma. For example, in traumatic situations, the victims experience shock, and denial of the event is apparent. They exhibit reactions such as unpredictable emotions, flashback of the event, strained relationships due to withdrawal symptoms, and most at times, physical symptoms such as headache and nausea.

Though, these feelings are normal in relation to the event, some victims are able to survive through communal assistance of care and counselling, and are able to move on with their lives. Unfortunately, with some other victims (COESPO, 2013) opines, that trauma results in the numbing of their general responsiveness, which makes them to experience neurological arousal and physiological reactivity. These disturbances do cause significant distress or impairment in the victims interpersonal, social and other forms of human functioning that reflects in the physical, mental, emotional and behavioural state of the victims.

### **2.6.1 Theoretical Review of Trauma**

Ever since the official acceptance of Post-Traumatic Stress Disorder (PTSD) in the DSM-III as a medical condition the American Psychiatric Association (1980) and (Brewin & Holmes, 2003) express that the official acceptance has witnessed, an increased body of

scientific investigations into the psychology, biology, epidemiology, and treatment of this traumatic condition. Besides, the emerging knowledge has also introduced a good number of sophisticated theories to explain the phenomenon (Brewin, 2003). For theoretical significance the study, will be limited to reviewing Social-Cognitive theory to explain the multifaceted implications of trauma associated with human trafficking.

#### **2.6.1.1 Social-Cognitive Theory**

#### **2.6.1.2 Psychological Processes**

The American Psychiatric Association (2017) explains that Post-Traumatic Stress Disorder (PTSD) is associated with anxiety, distressing; and intrusive memories of victims. This is mostly accompanied by amnesia that prevents victims to account for the details of the traumatic events. Herman (1992); Terr (1990); and van der Kolk & Fisler (1995) observe that confusion and forgetfulness become typical identity, which is consistent with trauma memories of victims. Mechanic, Resick, & Griffin (1998) however, expound that victims suffering from PTSD may have an improved recall after some days of the traumatic incident, though (Schwarz, Kowalski, & McNally, 1993; Southwick, Morgan, Nicolaou & Charney, 1997) indicate that the content of the recall is likely to change. In addition, these memories show patterns of disorganization and are full of gaps (Foa, Molnar, & Cashman, 1995; Harvey & Bryant, 1999a, b).

Brewin & Holmes (2003) mention that Post-Traumatic Stress Disorder (PTSD) is associated with many changes in memory functioning of victims and it is comparable to the results of researches conducted on depressed patients. These memory swings

according to (Buckley, Blanchard & Neil, 2000) carry limitation to recall of the material inducing the trauma, which poses a challenge for victims to recollect autobiographical memories of specific incidents. It is of importance to note, the contradictory pattern PTSD presents to recall, especially in relation to the traumatic material itself. Brewin (2003) suggests that this is similar to the findings of studies carried on emotion and memory in nonclinical samples. Brown & Kulik (1977); Conway et al., (1994); Pillemer (1998); and Rubin & Kozin (1984) indicate that some studies reveal that some high levels of emotion are associated and attributed to vivid and long lasting memories. Koss et al., (1996); Kuehn (1974) and Lotus & Burns (1982) confirm that in other PTSD situations memories of victims are vague and deficient in detail information, and invariably, highly prone to error. PTSD presents intermittent flashbacks to the trauma which is dominated by sensory information like visual images as well as sound and other sensations that trigger a recall. Brewin & Holmes (2003) explain that the images and sensations recalled by trauma victims are disjointed and highly fragmented full of distortions making trauma victims relive the trauma incident as if it is now occurring. The flashbacks are conditionally invoked by triggers that have resemblance to the traumatic event such as smell of perfume or smoke, sound, size, height, and colour among others.

### **2.6.1.3 Dissociation**

Dissociation refers to the temporary breakdown in what human beings are thinking. This is a continual interrelated process for perceiving their world, in terms of recalling the past, and any identity that connects the past with the future (Spiegel & Carden ~ a, 1991). However, (Morgan et al., 2001) posit that in stressful conditions, low dissociative reactions

are experienced by victims. Brewin (2003) also sees that the most common symptoms of trauma experienced by victims are emotional numbing, depersonalization, derealisation and hallucination. For elucidation, Holman & Silver (1998); Morris, Kaysen & Resick, (2000) and Reynolds & Brewin (1999) explain that, such symptoms refer to a high level of trauma leading to fear of death and feelings of helplessness in victims. In addition, Nijenhuis, Vanderlinden & Spinhoven, (1998) say that such reactions expressed by victims indicate their defensive response in connection with their state of immobilization or freezing in mammals. Griffin, Resick and Mechanic (1997) point out that trauma victims exhibit an aggressive response that usually increases the rates of heartbeat. Contrary, however, in dissociation their heartbeat have low rate. Brewin (2003) suggests that, these dissociation symptoms do happen in the period when the victims are experiencing trauma and it is referred to as peri-traumatic dissociation. In support, Ehlers, Mayou & Bryant, (1998) and Murray, Ehlers & Mayou, (2002) stipulate that studies carried out indicate that peri-traumatic dissociation is a sure predictor of future PTSD. Holmes, Brewin & Hennessy, (2002) as cited by Brewin & Holmes (2003) explain that studies conducted when healthy individuals were exposed to a traumatic film saw an increase in intrusive memories after the film.

#### **2.6.1.4 Cognitive-affective reactions**

Victims who present experiences of intense fear, helplessness and horror in the course of traumatic events have to receive PTSD diagnosis in relation to DSM IV (American Psychiatric Association 1994). Concerning the above, (Brewin, Andrews & Rose, 2000) identify a close connection between the reaction or traumatic response of some victims

who suffered violent crime and their likelihood of experiencing PTSD within six months after the traumatic event. Though, some victims do not develop PTSD yet they show any of the traumatic reaction intensely. Brewin & Holmes (2003) however, argue that some sufferers who were diagnosed for PTSD do not exhibit any intense reactions but rather, they show a very intense anger and shame. Though in agreement (Grey, Holmes & Brewin, 2001; Holmes, Grey & Young, 2003) strongly say that, emotions such as anger and shame are truly exhibited at the intense stage of trauma. Helplessness being a state of mental defeat experienced by trauma victims is explained by (Ehlers, Maercker & Boos, 2000) as the victims' perceived loss of independence and a mental state of accepting their lost personal identity and their will as human beings. This perception of helplessness of victims (Brewin, 2003) says renders them to a high level of vulnerability as it is difficult to either name it as an emotion or a belief since both carry interchangeable elements. In addition, such traumatic mental defeat victims, may liken themselves to an object for destruction and put less premium, about their circumstances as to whether they live or die and this phenomenon of mental defeat; (Brewin, 2003) states transcends the helplessness of victims to destroy their own identity. Weiner (1986) expresses that, some emotions results from direct outcomes and others are manipulated by elements of cognitive appraisals. Events leading to trauma vary with regards to the time available to victims to appraise their situation to produce the corresponding emotions. However, (Freyd 1996; Resick & Schnicke, 1992; Reynolds & Brewin, 1999) say that, the feelings of shame, sadness, guilt, betrayal, humiliation and outburst of anger usually escort PTSD and this anger is prominently, present with others, and this weakens fast recovery (Andrews et al., 2000). In the case of victims that suffered violent crime such as rape, defilement and assault, shame

and guilt becomes a determinant as to how the symptoms progress over a long period. The inference is the link of pre trauma vulnerability variable, childhood abuse and victims' failure to heal from adult traumas. Trauma victims who suffer abuse as children and adults who become more ashamed as results of abuse recover slowly; besides, when victims suffered the abuse when a child, apparently they frequently suffer repeated shame (Brewin, 2003).

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#### **2.6.1.5 Beliefs**

A high level of importance is attached to belief systems of individuals or groups of people the result of which is that less attention is given to imminent threats. Brewin & Holmes (2003) note that such inattention becomes more powerful and destructive than the actual perceived threat and this actually leads victims to stress up. In PTSD however, beliefs of victims become so necessary to them as compared to the threat and this has its roots in the fact that, when victims experience trauma their fundamental beliefs are shattered and dislodged (Bolton & Hill, 1996; Horowitz, 1976; Janoff-Bulman, 1992). This phenomenon is in line with the overall destructive and negative beliefs and information which trauma victims associate with themselves and other people around them including their perception of the world.

This is not however, representative of victims of trauma who do not experience PTSD, (Dunmore, Clark & Ehlers, 1999; Foa et al., 1999). Freyd (1996) stipulates that trauma has the ability to destroy victims' trust for others and this position creates the belief that their close associates have betrayed their trust and especially so, their care givers (Herman,

1992). This development produces a lot of anger in victims towards other people notwithstanding, their good intentions towards them. Due to the loss of belief in the self, (Aba-Afari, 2011) contends that trauma victims have lost themselves to their identity as to who they were and what they stood for since human beings live by their belief system.

These victims of PTSD hold the belief that their state of trauma erodes all their aspirations for achieving a better life and self-attainment. On the premise of this negative belief, victims permanently conduct their activities (Dunmore et al., 1999; Ehlers et al., 2000). Additionally, victims who suffered violent assaults and vehicular accidents exhibit frequent symptoms of PTSD.

The Social-Cognitive theory is suitable and applicable and therefore adopted as foundation to this study in relation to the trauma experience by the victims of human trafficking.

## **2.7 Empirical Review of Trauma**

According to (Van der Kolk, et al., 2005) the late 1970s saw hundreds of thousands Vietnam veteran suffer and exhibit extreme psychiatric disorder that prompted the innovation of post-traumatic stress disorder (PTSD) as a diagnosis to capture their psychopathology to be added into the Diagnostic and Statistical Manual of Mental Disorders, third Edition (DSM-III; American Psychiatric Association,1980). At that period, only available information was on traumatic neuroses which were used to develop diagnosis regime for sufferers. Due to this limitation, (Van der Kolk et al., 2005) stress that the DSM committee have no option than to accept and use the clinical narrations of war neuroses especially that of (Kardiner, 1941), however, (Horowitz, Wilner & Kaltreider, 1980) conducted research on Biphasic Stress Response in addition to the research of

(Andreasen & Norris, 1972) on men who are victims of burn as well as (Shatan, Smith & Haley, 1977) to attain a successful PTSD protocol of diagnosis which is useful to a large variety of client population, as it has exclusive neurobiology and therapeutics, (Van der Kolk et. al., 2005). Before the advent of PTSD (Borges & Holstrom, 1974; Walker, 1984) mention Rape-Trauma Syndrome and Battered- Women Syndrome as the prevailing protocols. Nonetheless, (Van der Kolk et. al., 2005) complains that the traumatic effects of assault on a victim's sense of safety, trust, and self-worth, their continuous victimization, and their loss of a coherent sense of self are not mention in the PTSD protocol.

Though the earlier research on men dominated population yielded the PTSD diagnostic protocol, (Van der Kolk et al., 2005) express that the research outcome was directed toward men who suffer trauma mostly by accident, assault and natural disaster like flood, death etc. They further exert that the major factor leading to trauma in women is when they are abused during childhood. The emphasis (Finkelhor et al., 1990) and (Kessler et al., 1995) add is that 17% to 33% female report of histories of sexual and physical abuse whereas (Cloitre et.al., 2001) say the records on such reportage, escalates between 35% and 50% in mental health facilities and interestingly, (Breslau et.al., 1997) hold that the reports reflect higher sexual childhood abuses, as compared with rape in adult women which holds 10%. This position (Van der Kolk et al., 2005) express to be as result of the importance women place on intimate relationship and the least crush lead to trauma in women unlike the men. For clarity (Acierno et al., 1999) expound that of 4 million assault reports on men 63% are perpetrated by strangers or unknown persons and in the US 3 million recorded cases against women, 62% represents assault on them by individuals they

are very familiar with. Additionally, (Acierno et al., 1999) suggest that in the US for instance, a total of 61% of recorded rape cases were done before the victims/sufferers attain the age of 18yrs and rape victims under 11yrs of age stands at 29%. This negative trend of rape occurrence (Van der Kolk et al., 2005) mention family members to be responsible and research conducted on physical and sexual abused children and women exposed to a prolonged and consistent interpersonal violence reflect various degree of psychological sequelae not included in the PTSD diagnostic protocol.

## **2.8 Art Therapy**

Payne (1993) says that, Art Therapy is a non-verbal communication that uses the creative processes together with the facilitation of a trusting, safe environment within which people can acknowledge and express strong suppressed emotions. In support (Liebmann, 2006) adds that, it uses art as the medium of personal expression to communicate feelings. Ulman (n.d) as cited by Rubin (2010) defines therapy as “procedures designed to assist favorable changes in personality or in living that will outlast the session itself” (p. 1). Ulman opines further that art is employed as means to discover both the self and the world, and to establish a relation between the two and emphasizes that, art is “the meeting ground of the inner and outer world” (p. 1). Art actually, becomes the interface and a tool for expressing both emotional and the outer worlds.

Art therapy is therefore a non-talking cure process, where the therapist engages the arts to assist in affecting that favorable change in the suffering individual. Human beings are influenced by the experiences they acquire through the complexities of life. These

experiences can yield to either positive or negative outcomes. Kramer (2000) mentions that Art is a method of widening the range of human experiences by creating their equivalents in symbols. It is worth noting that though, all artistic experiences take place in a world of symbols; it has the power to evoke genuine emotions and feelings of reality in the suffering individual or patient. Liebmann (2006) admits that this expression is available to everyone, because art is innate. In art therapy, form and communication goes together hence, the therapist and the patients communicate through the medium of artistic symbols and expressions.

For clearer understanding, there is the need to mention that, Art therapy is different from Art education. This (Karkou & Glasman, 2004) and (Karkou & Sanderson, 2006) as cited by (Karkou, (2010) hold that the differences are in the domain of intention. This is so because, Art education aims towards aesthetic and artistic outcomes while Art therapy has a clear psychological intent of helping the patient to effectively express and communicate deep emotions. In the practice of education curriculum is required and same goes for Art education. However, in Art therapy the therapist has a therapeutic agenda of monitoring the progress of patient through sessions. In art teaching, artistic change has its own merit but in Art Therapy, artistic change gives the requisite information that is associated with the psychological change of the patient. Besides these pronounced differences, the mode of application is equally different. Art teachers mostly display students work in studio for public view whereas, Art therapists keep the work of their clients in private and confidential spaces. Art therapy dwells in the realm of assessment and treatment. On this

note one engaging in artistic exercise for a constructive recreational activity or education is not Art therapy.

Kramer (2010) is of the opinion that Art Therapy dwells on a wide range of theoretical backgrounds and adopts multifaceted means of practice. However, there are two common phenomena that are accepted by all art therapists on the basic skills and in-depth understanding that becomes a prerequisite for working effectively. She explains that, though acquiring knowledge about the arts as well as Art Therapy is a requirement, it is important to acknowledge that no amount of attainment in knowledge can lead to very effective Art Therapy in the absence of the belief in the healing power of art which is accepted by all art therapists and the capacity to create with the art media. Additionally, Kramer posits that to be successful in this field, the therapist is expected to be sensitive to the needs of humanity and expressions, as well as being emotionally stable, full of patience and the skill to attentively listen in order to observe closely with the aim of nurturing rapport with victims. The above is to be laced with a good sense of humor that becomes a panacea to having insight into the psychological processes.

### **2.8.1 Theoretical Review of Art Therapy**

Art Therapy is deeply rooted in and influenced by the background of the pioneers who employed the use of Art as an intervention to assist humanity recover from emotional pain and suffering. Some of these therapists who offered their services did carry along their basic identity in relation to their field of work. This attachment brings with it their standard identity concerning their professional discipline. For instance being an educationist, artist, psychologist, psychiatrist or any mental health officer. The approach and usage of Art

Therapy reflects and directly mirrors such professions in accordance with their understanding and experiences (Rubin, 2010).

Irrespective of the vast heterogeneity (Storr, 1983) cited by (Rubin, 2010) states that despite the manifold views theoretically, Art Therapy in practice has the capacity to lessen divergences that prevail between Freud, Jung, Klein and all those who accept other theories. Storr indicates that Art Therapy can remove variances within the inner and outer dimensions of victims' world. On this inference, Psychoanalyses, Analytical Psychology, Humanistic and Cognitive theories will be reviewed to give understanding and convey the efficacy of art Therapy to step into the conditions of traumatized victims of human trafficking in Ghana.

### **2.8.2 Psychodynamic Approach to Art Therapy**

Psychoanalysis is identified as the oldest and most detailed in the many modern psychotherapeutic approaches. Its major interest is to find and apprehend how human beings behave in particular way (Rubin, 2010). She further admits that psychodynamic theoretical approach has greatly influenced other approaches in Art Therapy. The Freudian Psychology and the Jungian Analytical Psychology have interest to gain great understanding of their clients' world dynamics and become psychodynamic on the premise that victims experience internal conflicts which are not conscious and because such conflicts have been unresolved and repressed tend to be very distressful and traumatic which can only be identified and attended to by the energy in art (Rubin, 2010).

Psychoanalysis adherents adopt various approaches in dealing with their clients as some dwell in the domain of developmental and interpersonal phenomena on the relational theory of (Mitchell & Aron, 1999) in addition to that of attachment presented by (Wallin, 2007). The theory of Psychoanalysis though very old has assumed many transformations into its contemporary form and holds a lot of relevancy to Art Therapy (Rubin, 2010).

### **2.8.2.1 Freudian Psychoanalysis**

In the contemporary sense, Art therapy as a discipline that came basically in the 20<sup>th</sup> century out of psychiatry, and Sigmund Freud's psychoanalytic and Jungian analytic theories exerted huge influences in the development of Art therapy as all approaches in the practice drew inference from them which also have some incorporation in the conceptual frame of most methodologies applied in Art Therapy (Malchiodi, 2003).

In his first report on child analysis on the issue of drawing of Little Hans (1905) and his classic case of the Wolfman (1918) as cited by (Malchiodi, 2003), Freud noted that most patients could only suggest or make remarks that are meaningful through their description of visual images which (Malchiodi, 2003) expresses that Freud identified the concept of dreams possessing meaning which invariably become the lead way to the development of psychoanalytic approach to art Therapy. However, (Freud, 1916-1917) as cited by (Rubin, 2010) holds that, human beings experience dreams mostly in visual images but have the challenge of accounting for them and this is because human beings have to translate their dream images into verbal forms which loses most of its character. He remarked that some patients of his usually informed him of their inability to say their dreams but could draw them.

The above development (Malchiodi, 2003) opines stands as the inspiration that evolved to the adoption of Art therapy as a modality for treatment of victims. Malchiodi applauds Freud for his concept of the unconscious. She is of the view that dreams, slip of the tongue, information acquired from free association and projective techniques as well as symbolic content of psychotic symptoms according to Freud are indications of the unconscious. This consideration, nonetheless, activated the development of projective drawing technique where unconscious information is given by clients/patients through visual images. Further, (Malchiodi, 2003) expresses that though Freud's ego defence mechanisms theory especially sublimation reflects artistic expression he did not make his patients to draw though his daughter Anna acknowledged art expressions being an aid to treating children. Rubin (2010) expresses that some adherents of their Freudian's theoretical conception, developed it to assume contemporary usage. Examples are the insight, uncovering unconscious forces through images and association with them by Naurnberg. Others are sublimation through the creative process which is a form of ego mastering by Kramer.

Kramer an authority in Art Therapy and strong adherent of the Freudian theory of psychoanalysis has merged the Freudian theory of the personality within the field of Art Therapy whiles she works with children utilizing sublimation and other defence mechanisms she acquired from Freud (Kramer 1979; 1993). Due to her vast knowledge of sublimation (Malchiodi, 2003) opines that, Kramer is of the view that synthesis of content and form is achievable through transformation of emotional material and information into images that are formed. Similarly, (Rubin 1978; 1987) an Art Therapist of Classic

psychoanalytical stand expounds that the use of art expressions in therapy make room for an expedited psychoanalytic understanding of the victims.

### **2.8.3 Object Relations Theory**

The theory of Object relations identifies with psychoanalytic theories (Corey, 1996) and those who adopt this theory in the treatment of their patients present the idea that human beings acquire an innate prompting to form and maintain relationships and through these acquaintances with others the individuals' personalities are equally shaped (Malchiodi, 2003). This theory suggests that formed personality can go through modification by the affirmation received from earlier relationships, as this theory relates that the previous interpersonal relationships affects a person's present interactions with others as in reality or fantasy (Corey, 1996). The theoretical framework gives understanding to behaviour of patients and clients to superimpose earlier interactions and acquired experiences on the current relationships. Intrinsic to this theory is assisting people suffering from separation and individuation, dependency and independence and intimacy challenges (Malchiodi, 2003).

In relation to the word "object", Freud suggests that it refers to a person, or a thing, and can equally refer to a mental representation for which an individual get fulfilled. Additionally, (Klein, 1964) a student of Freud expounds that, the object relates to someone to whom a child directs its desires, wishes as well as strong emotions, as in the instance of the mother, because the theory draws from the concept of attachment and it serves as the main support for this theory. The explanation is that usually, an infant that has access to

the mother enjoys bonding with her though some of the experiences may be good or bad during the course of the attachment. Nonetheless, Malchiodi (2003) also says that, at maturity, the child assumes autonomy and separates from the mother, carrying some amount of both good and bad experiences acquired.

This theory has inference in terms of stressors causing trauma in victims of human trafficking within their environment as well as the outcomes of the Art therapy services to be offered them. It is of importance to state that, an Art Therapist who is well noted for his adoption of this theory in treating psychiatric patients (Robbins, 1987 & 2001) asserts that art has the potential to contain, organize and reproduce all essential object relations of interplay of clients, therapists as well as the art product. Robbins also mentions that the expression of art at an early childhood can be engaged to assist reflections of uncompleted levels of development. Further, aiding artistic expression observation in Art therapy sessions can also throw light on unresolved interpersonal matters, which may be treated.

#### **2.8.4 Analytical Psychology**

Carl Jung contrasts his concept of symbolic role of images to that of Freud and expresses art as means of self - analysis thereby, sighting his personal experience as the bedrock for his idea on the essence of imagery in analysis (Malchiodi, 2003). Further, (Jung, 1934) as cited by (Malchiodi, 2003) expounds the assumption that allowing the therapist to interpret fantasies and dreams of patients will require them to become so dependent on the therapist or analyst. He also believed that painting as a means of self-expression is capable of assisting the unconscious content become accessible and closer to the understanding of the

victim. It is necessary to note that, his conception on treatment is that to achieve psychic equilibrium, it is also important for the individual to strike dialogue between the conscious and the unconscious.

Malchiodi (2003) cited (Jung, 1934) who held that, the only means to achieving this balance is to tap into the transcendent abilities of symbols as found in art and dreams. However, (Malchiodi, 2003) insists that Jung pushes the idea of symbols being the tool for unifying the opposites in an entity which human psyche employs to resolve and reconcile the inner conflicts in an attempt to achieving individuation. In practice (Malchiodi, 2003) admires Jung's advances and great strides in working in depth on a person's images so as to identify any covered characteristics to helping such an individual receive meaning and completeness in life. Besides, the idea that human beings have and share a collective unconscious and archetypes that are universal and common identifiable in all cultures such as mythology, rituals and presentations of fairy tales, hold dear to Jung. The theory of analytic psychology in therapy dwells very much on the domain of the present and as well as the past and has both cognitive and educational components that uses empathy and also builds on strength. For understanding (Rubin, 2010) opines that, Jung understood from his own experience and that of his patients on how art making becomes the requisite of attracting the healing dynamics of archetypes; and his analysis that images tremendously aid his patients to become aware and identify archetypes in their lives and access them in consciousness.

Efforts by subsequent Art Therapists in the late 20<sup>th</sup> century have made it possible to integrate Psychoanalytic and analytic theories with Art Therapy and principal among them is Margaret Naumburg (1966) who developed the use of spontaneous drawing which falls under psychoanalysis. Accordingly, (Malchiodi, 2003) posits that Naumburg selected the usage of the term “Dynamically Oriented Art Therapy” to suggest the possibility that the unconscious can be communicated by use of symbolic expression through art, allows the individual to project unconscious information directly into images unlike in psychoanalysis where visual information from art or dreams are to be translated into verbal communication.

Naumburg (1966) explains that, Art Therapy as a discipline accepts the phenomenon of the unconscious being expressed in victims’ daydreams, fantasies, fears and pains; and these dispositions can be transferred to images easily than words. Though she is an adherent of both Freudian and Jungian theoretical conceptions, she adopts the Freudian concept of free association thereby allowing her patients to offer verbal descriptions of art spontaneously made by them. She adds that a victim’s free association become an important tool for apprehending the images created in Art Therapy therefore, a pointer to victims’ growth and change (Malchiodi, 2003).

### **2.8.5 Humanistic Psychology**

Humanistic Psychology is the third focus of psychology and has become a replacement for both psychoanalytic and behavioural theories in relation to Art Therapy (Malchiodi, 2003). The attention it attracted was astronomically, extensive in the 1960’s with Human Potential

Movement offering wellness model of change which is unique as in contrast to medical model of illness, (Rubin, 2010). Instrumental to this style (Malchiodi, 2003) cites Maslow (1968) for the philosophy of self-actualization and personal potential as an alternative to the amount of importance Freud gave to his conception of aggression, hostility, and neuroses as compared to the capacity of humans for love, creativity, in addition to joy.

Additionally, (Malchiodi, 2003) cites (Garai, 1987) an astute Art Therapist, to integrate humanistic theory with Art Therapy practice on the premises of emphasis on solving life problem, encouraging self-actualization through creative expression while focusing on connecting the self-actualization to intimacy and trust expressed in interpersonal relationships in the quest to seek self-transcendental aspirations in life. Though the essence is not to aid sufferers to transform their anxieties, sadness or any other emotion to a genuine expression of art, a position (Malchiodi, 2003) admits to be in line with the values of the humanistic approach, because it spotlighted creativeness as a prelude to enjoying and also accessing the human potential, leading to relieve and healing. Besides (Rubin, 2001) holistic concept of healing is an offshoot of the humanistic psychology, and Maslow's self-actualization or the humans' potential to fulfil their inborn dreams, inclusively, his analysis of his peak experiences when compared to (Ulman & Dachinger, 1975) who enjoy making art as momentary sample of living at its best. Existential therapy and Person-centred therapy are proponents of the humanistic psychology.

### **2.8.5.1 Existential Approach**

The Theory of existentialism started as a philosophy and was later adopted in the psychology and psychiatry disciplines, and this theory projects the concepts of personal freedom, meaning and the quest for values; though principally, it dwells on ones will to finding meaning (Malchiodi, 2003). Frankl (1963) a principal character in this theory identifies that therapy is to challenge a person suffering to access meaning and purpose in life. Additionally (Bugental, 1987) by emphasis, explains that the core interest of therapy is to assist victims conduct themselves so as to provide answers to life's existential troubles to be able to move on with life. However, (May, 1961) introduces this theory in the practice of therapy which characterises its development and subsequent adoption into the practice of Art Therapy due to its creativity conception. May (1976) identifies creativity as challenge to disintegration also as a medium of invoking into reality the new kinds of being which hitherto, was hidden because courage is heavily employed in the artistic expression, and creativity is a projection of the inner self including his/her dilemmas. Malchiodi (2003) noted however that, the basis of this theory to art therapy is laid under the fundamental conceptual framework Frankl, Bugental, May and others have propounded.

Moon (1995) an Art Therapist suggests the integration of existential standards into the practice of Art Therapy on the grounds that artistic expression represents an individual's quest for accessing meaning and creativity as the bedrock of good health. Existential theory is the philosophy influencing how therapists practice rather than any set model to any particular techniques. Here, the therapist adopting this approach in his/her practice

employs themes and ideas such as love, joy, pain, suffering, already existing in the victims' experiences which they need meaning to (Malchiodi, 2003).

Further, existential requirement develops through a deep consciousness of the tragic and the nobility in human potential, and also the liberation of the sufferers out of their anxieties and fears to assisting them to live their life potential to the full is the focus of this theory. Creativity within this conception, is very important and gives new experiences of freedom of choice and the chance to apprehend themes that appear to have no meaning and sense to the sufferers, (Malchiodi, 2003). Besides, (Moon, 1995) states that art creation under the context of the therapeutic relation becomes the metaphor in the dilemmas of existence through which the sufferer is invariably directed to a new awareness of being mindful.

Necessarily, it is important to admit that, an Art therapist who adopts this theory in practice, in the circumstances of traumatic victims of human trafficking as (Malchiodi, 2003) suggests attends to the following needs of sufferers through the art making process and the therapeutic exchange: the victim's ability of self-awareness, the choice of freedom and responsibility, the creating of victim's identity and developing a meaningful interaction with other people, as well as sufferer's quest for meaning, values, purpose and goal of life. Also, the therapist addresses the victim's anxiety as pre-condition to living and finally, the consciousness of death and non-living (Corey, 1996). The essence is that, the adherent Art therapist attempts to deeply apprehend experiences of victims and assist them to make sense of their existence in finding answers to questions like, "who am I?" "Who have I been?" and "where am I going from here?" This model helps the victim to find

meaning to images or art products from the therapeutic process where authentic behaviour as well as the verbal exchange and expression of art become the emphasis to this model (Malchiodi, 2003).

### **2.8.5.2 Person-Centred Approach**

The emphasis of person-centred approach to therapy gears towards helping sufferers to achieve independence, spontaneity and a high level of confidence (Rogers 1951; Rogers, 1969) cited by (Malchiodi, 2003). Within the definition of this theory Malchiodi explains that, human beings have the inner ability to address challenges for healing and recovering in a growth-promoting environment which the therapists create to facilitate the victim to achieve maximum potentials and trust that invokes the innate resources to get well. Just like the existential theory as discussed earlier, this theory concerns with victims' strength to seek meaning personally to the existing metaphors in their life. Rubin (2010) adds that, originally, this method was a client-centred and it has its fundamentals in the unconditional positive regard by therapist for the victims in addition to the intensified effect of compassion that is engaged to appropriately, respond to the needs of the sufferer of anxiety, fear, trauma among many emotions.

More importantly, this approach expresses the belief in the capabilities of individuals to express their setbacks and step-up to the direction of a better healthful living. As the interaction of client and therapist dwells mostly on the creative expressions of art as means to harness the victim's natural and personal resources for change and growth, however, the

approach has underscored two principal philosophies which are Active and Empathetic Principle and the Principle of Acceptance (Malchiodi, 2003).

#### **2.8.5.2.1 Active and Empathetic Principle**

Malchiodi (2003) cites Rogers (1969) to say that, active and empathetic listening reveal the helpfulness of the therapist to offer thorough attention to the sufferer, for example, the trauma victims of human trafficking. The therapist is to effectually contribute to the victims' understanding that they have been heard and carefully understood. However, active and empathetic approach considers and reflects on emotions, victims line of thinking, and also to clarify and sum up all occurrences at the therapeutic session.

In Art Therapy Malchiodi expresses this principle to relate to the Art Therapist's involvement in giving attention to the sufferers' creative expression and images which then turn to active empathetic seeing or viewing of the art making process. Here, the therapist communicates to the victims as to his/her understanding of their expressions of art making; and the effort of the therapist does not assume the role of interpretation but rather, questions are asked for explanation to enhance the understanding of the communication. For instance, the therapist may pose a question to the client in a session that, "please, can you talk to me about your drawing?" Yet the therapist can still make remarks on the work and the response will suggest the understanding and help the therapist see what the sufferer is feeling and think besides the hearing and the oral report. The emphasis of this approach is to systematically, show the meaning of the expressions of art and for the clients to clarify their art works. Accordingly, (Malchiodi, 2003) cites (Rogers, 1969) who strongly

upholds that this approach allows the Art Therapist to gain entrance into the sufferers' private and lonely world. This development extends to illuminate the therapist to have a deeper understanding of how the victims see. Importantly, art works produced through sessions become a useful means of communication by these victims. In the case of this study, these works will become insightful records of statements to understanding these traumatized victims of human trafficking.

#### **2.8.5.2.2 The Principle of Acceptance**

The principle of acceptance Rogers (1969) mentions that it requires therapists to give absolute and unreserved respect to their clients in relation to their art expressions during sessions. This position according to Malchiodi, the principle of acceptance becomes one of the core in the person centred approach to Art Therapy because the therapists' express positive interest and absolute regard for the victims' communication through art expressions. The therapists are to exhibit complete belief in the victims' strength to positively progress; hence, provide a congenial milieu where these victims' art expressions without any reservation are fully accepted. For insight Malchiodi comments that, aesthetics is irrelevant to the principle as the emphasis is to encourage the victims to adequately release their traumatic feelings through the Art Therapy sessions. This principle resists all forms of evaluation and interferences to victims' creativity and expression but, promotes victims' ability to self-direct and self-evaluate which allow them to become responsible in receiving treatment.

Rogers (1997) a strong adherent of this principle elucidates that, in the event where a therapist wants victims to come up with an art expression leading to self-awareness, then it is appropriate for the therapist to encourage the victim to talk and discuss the work first before the therapist announce his observations made from the art work. This is very important because the art works represents unknown parts of the victims' self which they communicate. Therefore, (Rogers, 1997) asserts that the experiences of the victims to these drawings are first to be heard and the work given maximum respect. The emphasis Rogers express is that, the victims be allowed the priority to speak about the art works in relation to their emotions, meanings and the interpretations they give their work be accepted and respected. Contrarily, Rogers alerts that some therapists steal from the victims/clients the content of spontaneous reactions of their work when these therapists decide to speak first on what the work means to them. For this reason, it is imperative that Art Therapists respect the personal experiences of the suffering clients. Rogers (1999) admonishes that, therapists need to seek the consent of their clients before commenting on their work making sure the clients speak first. Though, Art Therapists can make projections of the work but are not allowed to give interpretations of the art product. Malchiodi (2003) also expresses that, human centred approach enhances creativity of victims and leads to self-realization and self-actualization.

### **2.8.6 Cognitive Behavioural Therapy**

Art Therapy is very active and fluid therapy where victims are physically manipulated by means of material usage and are encouraged to think and explore their challenges and emotions from new perspectives (Rozum & Malchiodi, 2003). They further add that, when

victims are encouraged to represent their traumatic feelings in drawings, collage making as well as clay works creates the opportunity for the sufferers to view their limitations from all angles literally because the artworks produced basically become solidify symbolism of their externalize challenges in respect to their traumatic circumstances; and through the assistance of the therapists traumatic victims difficulties are explored in both verbal and nonverbal means.

This theory (Rozum & Malchiodi, 2003) cites (Ellis, 1993; Meichenbaum, 1977, 1985) to include Rational-Emotive Behaviour Therapy (REBT) and Cognitive- Behavioural Modification as some aspect. Further, they expound that (Beck, 1987; Ellis & Ginger, 1996) add Cognitive Therapy to the dimension of Cognitive- Behavioural Therapy. According to (Beck & Emery, 1985; Clark, 1989) as cited by (Rozum & Malchiodi, 2003), the core of Cognitive- Behavioural Therapy does not dwell nor concerned with events leading to the trauma but deals with what the individual victim thinks, expects and how victims interpret and understand the traumatic event resulting in the production of emotions that are negative. It has been identified that such forms of negative feelings usually affect victims to effect depression and anxiety in them that result to serious contusions that cause disorders emotionally. According to (Rozum & Malchiodi, 2003) this theory postulates that, a victim's mental suffering results from challenges posed to the cognitive process and therefore any irregularity in cognition promotes changes in behaviour.

The consideration is that Cognitive-Behavioural Therapy advances efforts to fish out the negative and false regulations as well as assumptions that direct victims' functioning, and design avenues to reconstruct what such assumptions, and possibly directing victims to real life expectations; as this theory basically is concerned in removing the symptoms, as a standard this approach demands a strong working relationship between victim and the therapist (Rozum & Malchiodi, 2003). Additionally, she expounds that, for treatment, this approach is time-limited and psycho-educational in orientation.

Rozum (2003) is of the view that, the cognitive framework accepts two protocols for treating victims of disturbances in thinking. Foremost is the dysfunctional assumptions and regulations that become the ideology and our belief system for which our lives coil around directing and suggesting how we conduct ourselves and affect people and circumstances within our environment. Rozum indicates that in the event where a stressor invokes these assumed regulations and their attendant expectations will invariably affect an individual to experience sessions of depression and anxiety and this connects to series of negative feelings and ideas. Howton et al., (1989) identify such negative emotions as an automatic negative thought which is also called negative self-talk, as such expressions present an effortless release to respond to circumstances. For illumination, Rozum expresses that people's belief system and outcomes expected are structured into a pattern that come to effect when a specific situation is encountered and this can reflect in how we talk in public and also conduct ourselves when driving or eating. The pattern of regulations and assumptions (Beck, 1976) refers to as schema which is the code that individuals engage to interpret and make evaluation of their life encounters as well as their own conduct in relation to others. However, schema that is structured upon false assumptions confines

victims to perceive their world as not safe for which low self-esteem sets in. This perceived mind-set of victims deteriorates to the level of identifying themselves as unloved and useless and sees no need for living (Rozum & Malchiodi, 2003).

To a very large extent, the theories reviewed are very important to this research because they have shed light on the multidimensional effects of trauma and how Art Therapy can be used through the application of the various perspectives of these theories to assist sufferers of trauma, especially so, the rescued human trafficking victims of Ghana. The theories reviewed have also spelled out the emotional complexities of these victims of trauma and how the therapist should manage them in order not to complicate their suffering but to bring emotional release needed for improved health. These integrated theories are adopted and served as the pillar for the Art Therapy sessions that the researcher offered to victims.

## **2.9 Empirical Review of Art Therapy**

The use of Art Therapy has been the medium of communicating the inner world, which victims of human trafficking can also use by means of drawing or the use of other art forms. Kramer (2000) reiterates that, Art Therapy is as old as human existence which is employed to assist human beings “to reconcile the eternal conflicts between the individual’s instinctual urges and demands of society” (p.17) and its services transcend religion, kingdom rule and self-celebration of life and its cruelties.

### **2.9.1 Edith Kramer's Art Therapy**

Kramer is an Art Therapist greatly influenced by the Freudian Psychoanalytical persuasion. In addition to her background of education and Psychotherapy, she used her skill as an Art Therapist to assist both adult and children extensively to overcome their life distortions. Kramer (2000) says that the basic emphasis in Art therapy, is to give support to the human ego by using art to promote psychological orientation that offers enough stability for the individual to be able to function and not relapse when faced with pressure. Art teaching requires products and in Art Therapy the interest dwells in the processes though in art both process and product are the same. She upholds that during a session of Art Therapy a work of art which is limited in aesthetic but represents inner experience of a victim automatically, assumes all the qualities of art values; as such works stimulates inner memories that are consistent with the art product and any attempt to add or remove part of the content will definitely, damage the quality of what the work represents. Nevertheless, (Kaplan, 2000) holds that art works that have limited symbolic content still have the ability and potential to offer therapeutic release to the individual artists making them. Additionally, (Kramer, 2000) advocates that the art making process assumes a crucial role because it projects the artist or the victim's inner unity which is genuine, and unplanned with spontaneity of creativity that draws on the victim's manual, and intellectual as well as his/her imaginative and emotional ability to integrate. Kramer continues that in the Art Therapy session, the emphasis is to encourage victims to pour out their ideas and feelings by means of drawing so as to develop courage to achieve spontaneity to the process. Here, the therapist accepts all the fragmented, chaotic, abortive and incomplete works of victims, which are used to offer the needed professional assistance to them.

### **2.9.2 The Concept of Sublimation**

Human beings from primitive times to the current civilization have adopted artistic formations to represent processes of life which are mysterious in nature. Art is the means of extending the realm of human experiences by producing their equivalents. It is that means where human experiences are selected, varied and repeated at any time as such experiences of art is represented in an artificial milieu of symbols that have the energy to induce genuine emotions (Kramer, 2000). She further asserts that, works of art offer immeasurable pleasures to people with no fear that experiences derive from such works posing any impairment to their reality adjustment or diminish any of their defences but rather, reduces the challenges of repressions and renunciations. On this premise, she expresses that the pleasures drawn from artistic experiences are analogous to dreams and day-dreaming that can be enjoyed without any inhibition of guilt even if such fantasies include forbidden and asocial contents. More importantly, such dreams are for private usage and they are without form and cannot be communicated like art works which have form and extend pleasurable communication to both artist and audience.

In an Art Therapy session, the victim becomes the artist who shows capacity to solve the conflict that exists between the demands of his/her impulses and that of the superego, as well as that of reality and fantasies through his/her art making. By this, the victim presents the inner feelings and experiences to the therapist being the immediate audience in a “sublimated culturally and socially productive manner” (Kramer, 20002) (p.41). The therapist at varied instances draws from the victim’s inward communication, which relates to a primitive asocial impulse that requires mastering by the victim-artist and pleantry of the work of art. The audience being the therapist, Kramer intimates, accesses a vicarious

miracle of sublimation that is hitherto, outside his/her ability to gain. Her explanation is that, the success of artwork during a session does not rely solely on the victim's art creation but also on the therapist, who is an audience to attain sublimation.

Sublimation (Kramer, 2000) defines as “any process in which a primitive asocial impulse is transformed into a socially productive act, so that the pleasure in the achievement of the social act replaces the pleasure which gratification of the original urge would have afforded” (p.41). Sublimation starts for instance, in a situation when a little girl chooses the joy of singing aloud with her voice to crying aloud with aggression, and this girl is likely to be motivated to make such a choice by the school teacher's motivation as the school rewards good voices during inter-school competitions; she adds that the above development becomes the basis for developing the superego which is done by the girl's ego. Sublimation usually occurs at any level where instinctual behaviour replaces social activity in a way that the replacement becomes a winning point for the ego. Here, Kramer expounds that though the girl is likely to be torn between the feelings of failure and defeat because the instinctual wish is abandoned to allow the ego attain control of the environment and its impulses with its attendant pleasures of victory. Notably, she suggests that, instinctual renunciation is the base for sublimation and any additional move and direction to sublimation demands more renunciation as every stage of sublimation presents some amount of disappointment and insecurity. Interestingly, sublimation will not occur when the instinct evolves in absolute gratification, unless the initial aim for the urge is stopped to make room for the inherent energy to be engaged in another level. However, there is repression for denying instinct of having spontaneous gratification and this can

prevent it from further modification and transformation; due to this Kramer advocates that the denial can be minimal with circumspection.

### **2.9.2.1 Art and Sublimation**

Sublimation in art occurs the moment the artist being the victim decides to substitute any impulse to express his/her fantasy by making its equivalent through drawing and such creations assume true artistic value only if the artist is able to express them meaningfully to others. However, art is the creation of visual art forms that communicate complex issues to a group which hitherto was not available in any form as content and form is an inseparable whole (Kramer, 2000). This level of communication refers to varied sources as the repressed or denied material comes up to require fulfilment for the self. This is the case because the victim's major narcissism will not permit any aspect of the self to continue to be hidden and unloved hence; the unknown part of the self comes out to show off in the making of art works. This is an indication that, the victim-artist has given off some part of the primitive narcissism that he/she transfers love onto the art works created which he/she bestows with beauty and perfection available in his/her capacity to attract the admiration and affection he/she wants for him/herself. This is premised on the fact that, the major requirement of man, Kramer explains, is to reduce isolation and through creation of art, human beings easily explore the inner world of other people with the least abrasion on their integrity but access absolute security and pleasant interaction though art creations maintain explosive emotional contents.

Kramer, strongly expresses the phenomenon of art accessing a form of sublimation as compared with others as in the case of an aggressive outburst of power sublimated in a work of construction by a mason. This outcome will not yield any monumental representation of the mason's aggression but will yield a neutral emotional object in the form of concrete works or yet a building. Whereas, all artistic creations have some contents of major conflicts demands, which largely, provide life and form to the work, explains, Kramer.

From the above discussion, it is implicit to state that, sublimation in art is a potential aid in assisting traumatic victims of human trafficking to renounce their dispositions of trauma, replace, and redirect such energies into creation of art works so as to derive the same pleasure or anger the ego demands.

### **2.9.3 Art Based Assessment**

The American Art Therapy Association (20004a) refers to Art Based Assessment as “the use of any combination of verbal, written, and art tasks chosen by the professional art therapist to assess the individual's level of functioning, problem areas, strengths, and treatment objectives”. Additionally, (Brooke, 1996) also used projective techniques to mean art assessment whereas (Oster & Gould, 2004) express that it is “...alluring with their ability to illustrate concrete markers of the inner psyche” (p.1). In an art based assessment however, (Arrington, 1992) is of the view that artistic creations such as drawing, painting and sculpture are used in a directed or non-directed way to help the therapist gather information on the victim, and its administration and interpretation is easy

and does not pose any threat to victims (Anderson, 2001). It is noted that, mental health professionals employ art in psychological tests of their patients however, the major differences in art assessment and psychological evaluation by means of art, lies with the processes adopted (Malchiodi, 2003).

Betts (2005) argues that, assessment is fundamental to every discipline that concerns itself with intervention and change. The field of Art therapy is no exception as the development of assessment tools are very essential to the field. Additionally, Betts encourages art therapists to explore the original ways of evaluating their clients as creative investigation is interestingly fruitful. Due to the flexibility involved (Gantt, 2004) postulates that art based assessment can be adopted in variety of settings to plan intervention and treatment as well as, to evaluate results. Notably, many practitioners of Art Therapy (Betts, 2005) suggests represent confidence, that this assessment provides an in-depth understanding of victims' developmental level, emotional status, including their psychological framework. Betts expresses further that the use of assessment batteries to formulate treatment objectives equips the Art therapist to adequately gain insight to the clients' difficulties.

The implication is that, when therapists become accountable to reporting the progress of their clients, it raises treatment standards (Betts, 2005); and these have some positive effects that tend to improve the quality of treatment victims receive (Deaver, 2002). Administration of the assessment in Art Therapy can be done at the start of the treatment or during the middle phase of the treatment. Yet art assessment can continue even after the termination of services, the art works can be compared to observe the course of the clients'

progress (Betts, 2005). In assessment, Art Therapists are free to use any of the several techniques available to them to elicit information from their clients.

### **2.9.3.1 Projective Techniques**

Projective techniques are largely art and not science but due to its usefulness and ability to promptly provide in-depth information on victims, clinicians find it prudent to employ projective techniques to solicit information on their clients as they communicate a large amount of themselves in such a manner that they may not want to or be capable to verbalize in words (Rubin, 2005). Visual images are extremely helpful in knowing victims better because they reveal very important information bothering them which they are not conscious of, therefore unable to express them verbally because, such great content of information, is hidden in the sub-conscious however, through art making such hidden and inert information is released (Rubin, 2005) explains. To this end, (Moschini, 2005) asks this question, “How does one break through the well-honed defences that protect us from psychic pain and emerge with an unvarnished view?” Moschini mentions art as the answer with the explanation that, spontaneous art has no censorship nor distortion but rather, it frees, and by its usage, any disguise in language which victims have developed and kept hidden in their inner world is quickly let go of and the psyche is made projected on blank space of paper. The understanding Moschini presents is that, the projection does not only reflect the self-conception of the victim but rather it also portrays the victims concept of other individuals in his/her environment which strongly amplify the energy art carries to empower victims to project themselves without any subjectivity from external influence materials.

The use of projective drawing for assessment is traceable to Florence Goodenough who introduced the Measurement of Intelligence by Drawing (1926) (Moschini, 2005). Moschini indicates that, Goodenough's interest was on the human figure as a measurement of intelligence (IQ) but with time it was revealed through a careful study and analysis of the drawing of people to present very rich clinical materials which had no relation or reference to the intellectual state of the client (Machover, 1949). This led to the introduction of the Draw-a-Person (DAP) technique that was the primary principle for adopting the human body as tool for expressing the self, which invariably turns to personality analysis (Moschini, 2005).

This phenomenon, Machover strongly mentions that “in a significant proportion of cases, drawings do permit accurate judgments covering the subject's emotional and psychosexual maturity, his anxiety, guilt, aggression, and a host of other traits” (p. 23). However, 1940 saw John Buck introduce the House-Tree-Person (HTP) on the premise of three assumptions, firstly, Buck expresses that a house, a tree and a person are items that people are familiar with including children. Also they were seen to appeal to all ages to draw than other presented themes. Lastly, they also stimulate a genuine and free verbalization compared to any other item (Buck, 1948). Moschini opines that Buck strongly hoped to acquire qualitative and quantitative analysis of people through their drawings. Shortly after Buck's HTP, according to Moschini, Leopold Caligor also came up with his 8CRT to extract quantitative information by making drawings successively to give content rather than just evaluating elaborate symbols. Further, the drawings in this approach according to (Caligor, 1953) was to be “of eight interrelated drawings, each a development of the

immediately preceding one (Transparent paper is used so that the subject sees the immediately preceding figure as he draws over it.) “In this way change can be observed on a continuum” (p. 356). Unfortunately, Caligor’s approach to art assessment did not receive the needed acceptance Moschini states.

Rubin (2005) asserts that quality of line and placement of objects as well as rendering of shading holds very important place in projective drawings because these formal elements assume an equal significance as the subject matter.

Tabone (1998) as cited by (Kaplan, 2000:90) introduced the “Formal Elements Art Therapy Scale (FEATS)” and it is directive for “draw a person picking an apple from a tree”. Kaplan argues that studies conducted by Gantt (1993) and Gantt & Tabone (1998) show that just one drawing is able to identify some mental disorders for which the FEATS was developed upon four diagnostic bases namely, “major depression; bipolar disorder, manic phase schizophrenia; and organic mental disorders” (p.83). Additionally, Kaplan expounds that the findings of the research indicated that in 14 subscales of FEATS, 10 participants discriminated significantly, in more than two major clinical syndromes to statistical level. Besides, the research identified that, through the use of FEATS, patients with psychiatric conditions saw great improvement in their health and their drawing expressed their lucidity. On this strength (William et al., 1996) stresses the importance for therapists to “re-examine the assumptions underlying virtually all projective drawings-that the constituent parts somehow reflect personality traits” (p.20).

Silver Drawing Test of Cognition and Emotion (SDT) is another assessment tool developed in 1983 by Silver Rawley who is an art therapist and (Kaplan, 2000) mentions that this tool is still going through modification.

According to Kaplan, this assessment tool aims at assessing and aiding individuals with verbal communication challenge to determine their cognitive development and it has three stages of test; that comprise Predictive drawing, drawing from observation and drawing from imagination. However, Kaplan explains that, to test for victims' emotional and cognitive state, drawing from observation is employed and studies conducted using this battery has shown significant benefits in terms of validity and reliability, even though, drawing from imagination presents incomplete content it uses global evaluation of themes and not impressionist interpretation of any particular details. Another art based assessment tool is the Diagnostic Drawing Series (DDS), (Cohen, Hammer, & Singer, 1988; Cohen, Mills, & Kijak, 1994). Kaplan expresses that, this tool was introduced to gather authentic objective profiles for series of diagnostic groups and several practitioners are in tune with it as it is a three-picture assessment tool that uses free drawing, a tree drawing and feelings drawing which has shown a tremendous connectivity that expresses itself between structural elements of art products and psychiatric diagnosis.

### **2.9.3.2 Drawing Assessment Propounded by Moschini**

For simplicity to comprehend the interpretation of the symbolic and metaphoric content of art works of victims for assessment (Moschini, 2005) has designed a three-stage drawing assessment and these are as follows:

1. The Structural or Quantitative Design Stage

This stage requires the Art Therapist to record information on the under listed:

- a. Size of the drawing
- b. Placement
- c. Detailing or reinforcement
- d. Line quality
- e. Shading
- f. Use of color (when more than one colour is provided)
- g. Overall impression (by the viewer)

## 2. The Formal or Qualitative Drawing Assessment

This stage refers to all the identified symbols and metaphors from literature and research.

## 3. Free Associations and Verbal Statements

This third stage refers to free associations and verbal statements in the post drawing inquiry of the clients' drawings.

Moschini, (2005) says it is advisable for therapists to first engage the structural design in assessment because it provides quantitative information on clients as to their relationship to their environment, which also provides easy interpretation to clients' work, notwithstanding the projective tool used and this is very beneficial to the artists doing the assessment.

Drawings as in figures 2.2 & 2.3 are indicative of the structural or quantitative assessment stage where the focus is on the size of the drawing, placement of objects in the drawing as well as the rendering of shading in the drawing. The observation is that, though different projective tools are in display, it did not affect the discussed values in this structural model of assessment by Moschini.



**Figure 2.2 DAP in Structural analysis**

**Source: (Moschini, 2005 p.109)**

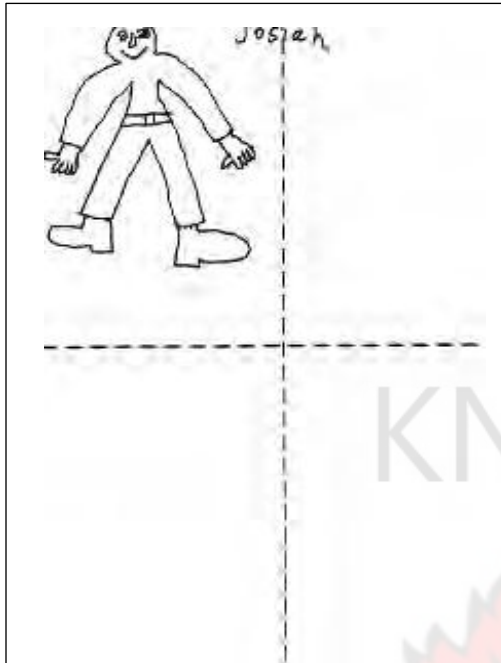
Moschini cites Hammer (1958:101) who says that averagely, the complete drawing of a human figure is “approximately seven inches long, or covers two-thirds of the available space” however, in figure 2.2 the male drawing has extended beyond the edges of the surface as such chopped off. This position Moschini explains in reference to the artist’s environment to mean “...feelings of aggression and expansion ... coupled with feelings of subservience or denouncement toward the female” (p.110). Buck, (1948) also suggests the invisible legs of the man reflect the “feelings of helpless immobility within the environment” (p. 57). For clarity, Moschini expresses that, such a position is also reflective of impotency or limitation for the male, which the structural assessment suggests.



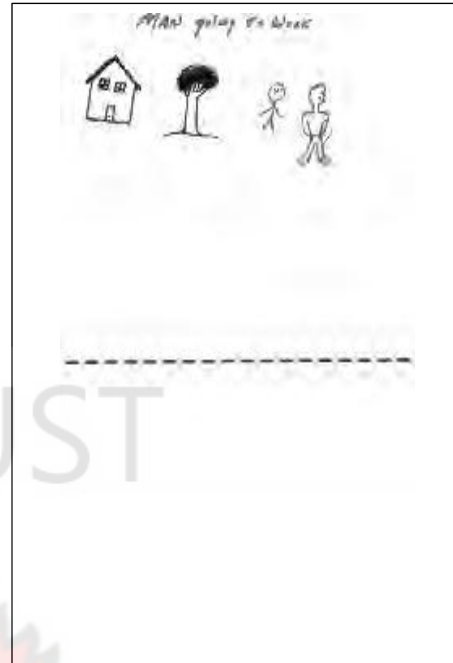
**Figure 2.3 HTP in Structural analysis**

**Source: (Moshini, 2005 p.109)**

Another explanation of Moschini is that, in figure 2.3 the artist employed both regressive colour use with unhealthy patterned shading to notable parts of HTP drawing such as the “tree bark, crown and body of person”. Machover (1949) expresses that the patterned shading as seen “serves to rationalize and so reduce shock with regard to the particular area of conflict” (p. 99). Hence, Moschini suggests to Art therapists to combine both the structural and the formal assessment to arrive at qualitative insight of the symbols and metaphors in the composition which will invariably, allow for deeper understanding to the personality formation and integration of the victims in terms of his/her physical and emotional environments.



**Figure 2.4 DAP Structural analysis**  
(Moschini, 2005 p.109)



**Figure 2.5 HTP Structural analysis**  
(Moschini, 2005 p.109)

In Figures 2.4 and 2.5 are DAP and HTP respectively. However, the emphasis is on placement. Moschini mentions that the vertical and horizontal dotted lines give attention to placement in both works. Figure 2.4 presents a drawing of a person situated at the upper left corner of the surface which (Buck, 1966) named as “quadrant of regression” or “never was” zone. For lucidity, Moschini explains that the placement of the figure to the viewer’s left is an indication that the victim or the artist is concerned with his or her past as well as the self. Also, the placement of figure at the right hand of the viewer projects the artist’s having control over future concerns.

The HTP as depicted in Figure 2.5 where the placement of the content is seen to be on the same plane however, from the mid-point they appear high. In explanation, Moschini cited

(Buck, 1966) saying that, the placement is farther and above the mid-point of the work so it suggests:

1. that the client feels that he is over-striving toward relatively unattainable goals;
2. that the client tends to seek satisfaction in intellectualization or fantasy rather than in reality (p. 104).

It is of essence to mention that, a large number of individuals draw with a free flowing and controlled strokes which has an average length of a quarter to a three quarters inches long, (Caligor, 1957). However, any difference in line presentation, Buck opines to “suggest a functional personality maladjustment or a central nervous system disorder” (p.122).

### **2.9.3.3 Suggested Interpretation of Victims Drawings**

Art works of clients or victims present insight into their emotional state for which reason most clinicians draw inference to develop treatment routines for them. Equally, Moschini contends that such drawings also give both quantitative and qualitative information of victims, which enables the therapist to have deep insight into their circumstances. Moschini suggests the following interpretation to victims’ drawings:

**Table 2.1: Assessing Quantitative Information through Victims' Drawings**

<b>DRAWING</b>	<b>SUGGESTED MEANING</b>
Large Drawings	Feelings of grandiose or poorly developed control of inner-self
Small Drawings	Timid, insecure, shy and withdrawn
Figure Height	
Over "8" tall	Self-overemphasis, environment under emphasis, impulsive, aggressive.
Below "5" tall	Self as inadequate, avoidance, withdrawal from environmental stimuli, regression, immaturity.
Within "5" to "8" tall	This is normal figure drawing.
Placement on Drawing space	
Figure at the right of viewer	Human figures positioned outside the center shows shortfalls and victims inability to adapt into their environment, avoidance.
Figure at the left of viewer	Self-oriented, over concerned of environment and the future, introversion.
Figure at left side of viewer with reinforced outlines	Environment oriented, extroversion, impulsive and over concerned of self and the past.
Drawing high on paper	Possible defense mechanism of Isolation.
Drawing positioned at the upper left hand corner	Keeps self-alooof, inaccessible relatively, anxiety, insecurity in relating to his/her environmental stressors.
Drawing low on the paper	Quadrant of regression or never was, defence mechanism of regression, poor concept maturation, desire to safety of the past to avoid the present pain.
Drawing centered on page	Depressions of mood, insecurity, inadequacy, sign of helplessness.
Bottom edge of page as ground line	Self-directed, feeling secured and adequacy
Paper chopping	Insecurity, feeling of inadequacy.
Lines flow over the edge of page	Low ability to orient self in the environment,
Room	challenged relationship in relating with the environment.
Person's Leg/feet	Disturbed association with the chopped room.
Head	Feelings of helplessness and immobility in the environment.
	Extreme need for satisfaction in fantasy.

Human Figure slanted 15°	Mental imbalance, instability.
Line quality(wall between body and environment)	Barrier, vulnerability, insulation of victims.
Heavy lines	Apprehensive, inner tension, aggression
In one detail	Fixation, hostility against the detail.
Light/faint	Timid, uncertain, self-effacing, fearful, depression
In selected detail alone	Unwillingness to express such a detail.
Peripheral lines on object	Maintaining identity of the ego.
Varied pressure	Moody or unstable response
Strokes	Fragmented- uncertain or anxiousness.
Long	Apprehensive, in need of support and assurance
Short/sketchy strokes	Impulsive, anxiety.
Controlled/Free flowing lines	Good and adequate adjustment to the environment.
Jagged -sharp edges lines	Aggression difficult to control
Aggressive shading	Cathexis and concealment
Patterned	Reducing shock in a particular identified point of conflict.
Healthy	Quickly produced, with random strokes
Unhealthy	Unwarranted use of time, excessive force inferior control
More colour usage	Good adjustment to the environment.
Limited colours	Emotionally constricted, shy, reserved and unstable.
Massive colour usage	Limitation to control self, impulsive.

Source: Extracted from (Moschini, 2005, pp. 296-300)

The interpretations suggested by Moschini will equip the researcher to have adequate information and meaning to quantitative data that will emerge through interactions with victims of human traffic in Art Therapy sessions.

**Table 2.2: Assessing Qualitative Information through Victims' Drawings**

<b>DRAWING</b>	<b>SUGGESTED MEANING</b>
Head (large)	Focus on mental life, interest in fantasy, wishing for better.
Small head	Limited intellectual ability.
Drawing back to viewer	Being paranoid, feeling of rejection, fear of loss, avoiding to express feelings and impulse.
Head drawn last	Challenges interpersonal interaction, disorderly thoughts.
Shaded face	Low self-concept and emotionally disturbed.
Smiling face	Childish and immature behavior.
Bulgy forehead	Expression of brain-power.
Hair shaded heavily	Anxiety and too much thinking.
Hair shaded loose and long	Expression of freedom.
Mouth (over emphasis)	Oral aggression, over dependence, immature, obsession.
Very large mouth	Language or speech disorder, eroticized orally.
Mouth omitted	Disturbed interpersonal relationship.
Heavy line slash	Aggressive verbally and over-critical, sadist.
Heavy and short	Aggression verbally, (withdrawal due to expected rebuffs)
Object in the mouth	Oral preoccupation by artist.
Nose overemphasis	Phallic preoccupation.
Nostrils	Reflects aggression at the primitive stage.
Overly extended nose	Strong expression of feelings of being powerless.
Ear omission	Low intelligent quotient (IQ) in adults but normal in children. Hallucination, wish to prevent criticism.
Ear overly emphasize	Paranoid, ear disability, response sensitively to criticism auditory hallucination.

Source: Extracted from (Moshini, 2005, pp. 301-303).

The interpretations Moschini availed are of essence to enable the researcher have deep insight and meaning to the qualitative non- verbal communications of victims of human trafficking through their drawing during Art Therapy sessions.

#### **2.9.4 Art Therapy and Trauma**

Traumatized victims live in their own world. Wright (2005) opines that they have a world that has been shrunken and the remnant is fear and isolation. Victims suffer flashbacks imagery of their destructive past. Their worldview no longer contains the possibility of happiness and success rather, it is full of guilt and shame and those who have survived it assume a deceptive premise believing in falsehood that they could have prevented the traumatic incident from occurring. Trauma victims exhibit behaviours that keep the trauma alive. This makes them to live in illusion. The arts have been and will continue to be part of human activity.

Dissanayake (1988) posits that contribution of art to human development transcends space and time and it is still relevant and present in one form or another in all cultures. Schnetz (2005) mentions that art is the container for creative energies and behaviours that assist in proving order and create artistic rituals, that produce transformation and voice to aspects of human beings that transcend reason and logic. Through the creation of the arts, human beings share and understand the world. Therefore, any disconnection of life as in the case of trauma victims, art can still be the vessel to which trauma victims can express their strong emotions. The Art Therapist being ardent of artistic language, assists victims within a therapeutic space, to recreate life through artistic interaction which invariably leads to awareness and emancipation.

Human beings consist of spirit, soul and body and all these aspects must be in line and in harmony. Schnetz (2005) says that many forces of influence shape how people interact and affect the world around them and some of these current, flows underneath the level of our

conscious awareness, yet they still affect us in many ways. Trauma victims are helped by the Art therapist to reconnect to life.

### **2.9.5 Art Therapy and Healing**

Advancement of technology has made the use of modern medicine in treating and curing most diseases easy. Evans (2005) argues that due to higher learning, when one is attacked with a life threatening illness, most people have information about their chances of survival by accessing the clinical laboratories and the internet for information on their health status. Besides, most people visualize, and import pictures that the media painted into their bodies hence, in the event of any sickness they get overwhelmed and they exhibit their helplessness through panic and suffering.

Evans (2005) says that the influences from medical science and media are not only experienced externally, but they penetrate deeply into the psyche; to an extent that in cases of AIDS and cancer where some patients' express claustrophobia- feelings of being trapped inside a diseased body, or disgust at the physical disorder being their disease. This development has brought such patients to suffer extreme emotional distress and pain. Waller & Sibbett (2005) mention that, Art Therapists have extended their services to people who are suffering from serious and even incurable illness such as HIV/AIDS, Cancer, Parkinson's, Alzheimer's, Huntington's Chorea, Motor Neuron disease and Brain Injury to help them from deteriorating. Such degenerative diseases erode the patient cell by cell; however, through the power of imagination, the Art Therapists assist them through the

medium of the arts, Evans (2005) to fictionalize their suffering, and deconstruct and reconstruct it until the subconscious reality conquer and nail the suffering to effect healing.

### **2.9.5.1 Art Therapy and Alzheimer's Disease and Dementia**

Humanity has suffered many disease conditions which go a long way to affect the normal functioning of such victims. For insight, (Petersen, Smith, Waring, Ivnik, Tangolos & Kokman 1999; Petersen & O'Brien, 2006) consider Alzheimer's disease as mild cognitive impairment at its early stages which affected by a slight neurocognitive and biochemical changes that occurred many years before the symptoms of the disease. Alzheimer's patients show a high level of memory impairment with manifestation of short term memory loss affecting their ability to reason, plan or function in their normal way (Snowdon, 2001). In addition, (Cowl, Joseph & Gaugler, 2014) opine that beta-amyloid protein plaques and tau protein tangles do form at the brain region that controls learning, memory, thinking and planning during the early stages of the disease. Cossio (2002) mentions that Alzheimer's is a slowly progressive disease of the brain that is characterize by impairment of memory and eventually renders the nerve cells dead. The disease is likely to affect people of age 70yrs and also affect 50% of people of over 85yrs though it is not normal part of aging.

Alzheimer's Association (2012) vividly explains that though medical science is advancing in treatment, orthodox medication shows just a little effectiveness to which (Alzheimer's Association, 2012; Birks, 2006) opine that effectiveness of such medication are beneficial to patients only for a period of 6-12 months. This efficacy deficiency has challenged the treatment of the disease therefore; it has been redirected to minimizing cognitive and

behavioural decline in an attempt to providing quality of life to the victims (Geldmacher, 2005; Stefanacci, 2014).

Cowl & Gaugler (2014) posit that Alzheimer's disease is increasingly raising a lot of medical attention because it is the sixth killer disease in the United States of America. This alarming position (Mayeux & Stern, 2012) confirm is presently estimated at "5.5 million" sufferers which is believed to rise to "16 million" victims at the end "2050". Alzheimer's Association (2012) as cited by Cowl & Gaugler (2014) mentions that Alzheimer's disease death toll has seen an increase of 66% in 2000-2008. This development is possible to push many relations and families of these patients to stress up, both emotionally and financially in offering the needed care. (Stefanacci 2011) holds strongly that, treatment of Alzheimer's patients throws a huge challenge to the national health-care system as (Alzheimer's Association, 2012) posits that the treatment cost to the American health care system is \$200 billion in the year 2012 which is expected to increase to \$1.1 trillion by 2050 due to the prevalence of the disease. Besides, family care providers offer an estimated 17.4 billion hours of care services to these victims (Stefanacci 2011). In addition, (Stefanacci, 2011) rates emotional stress experienced by family care-providers to be as high as 60% and quantifying 17.4 billion hours of care services in monetary terms, (Alzheimer's Association, 2012; Papastavrou, Charalambous, Tsangari, & Karayiannis, 2012) suggest cost a whopping sum of \$8.7 billion in health-care cost.

In spite of the devastation cause to cognition of victims of this dreadful and progressing disease, (Stewart 2004) mentions that, the section of the brain that stores motor skill, personality and emotion are intact until the disease moves to an advance stage. This brings

a signal of hope to sufferers because (Halpern, Ly, Elkim-Frankson & O'Connor, 2008) say Alzheimer's victims hold onto their aesthetic values. This is an indication that victims can be connected back to life through art therapy by offering them the platform to communicate their emotions, aspirations and their immediate feelings in a non-verbal way. Gaugler, (2010a, 2010b) expresses that victims notwithstanding their devastation, are able to create and indulge in recreational activities. Such activities may include procedural memory skills which are not semantic. The brain according to Behavioural Neuroscientists reacts to mental challenge to activate the creation of new synapses between neurons (Cohen, 2009, Kolb & Whishaw, 1998).

On this premise I think it is laudable to stress the fact that the use of Art Therapy is able to offer the required mental challenge that will unleash them to emotional pleasantries, stability, and healing. Importantly, participation in mental drill to stimulate the brain; (Galbraith, 2008) posits, encouraging patients through pleasurable activities such as reading, playing of games, playing musical instruments and dance will definitely increase cognition state of sufferers of Alzheimer's. Introducing patients to games such as Oware, Dami-Dami and also playing musical instruments like Dondo, Akaye and Konka couple with Borborbor, Agbadza and Kete dance will actually expedite cognition.

Art Therapy arms at liberating sufferers of Alzheimer's from pain and (Cossio, 2002) posits that since medical treatment with drugs do not offer cure to patients, their continuous situation of painfulness submit them into social isolation laced with an increase feeling of loss and inadequacy of the self. Depression then set in to reinforce their state of isolation and hopelessness. This review identified the natural healing prowess of Art

Therapy was used to intervene in facilitating healing in patients suffering terminal diseases of Alzheimer and dementia. The researcher is hopeful that trauma victims of human trafficking could also be assisted them recover from trauma.

### **2.9.5.2 Clinical Neuroscience and Art Therapy**

Clinical neuroscience is the application of the science of neurobiology to human psychology. Hass-Cohen (2008) says that there is a dynamic interplay of the nervous system, particularly the brain, with an individual's environment. He mentions that Neuroimaging studies allow clinical neuroscientists to hypothesize patients to know their structural, functional and environmental connection to the brain. The connection between the nervous system, the endocrine system and the immune system emphasizes the intrapersonal expressions of the relational self.

In art therapy session, the therapist provides an environment that allows the patient to release artworks indicative of mind-body connectivity which Camic (1999) and Malchiodi (1998) and Naparstek (1994) opine, contributes to internal feelings of control. The case is that; these pieces of artworks are expression of how the patient organizes internally in relationship with others. It is also the visual depiction of the interplay between the patient and his/her environment which highlights mind-body connectivity and interpersonal neurobiology (Siegel, 2006).

This review noticed the clinical neuroscientists' ability to hypothesize their patients to access their structural functioning within their environment in connection to their brain expressions of the self; so also is the researcher assured that through drawings victims of

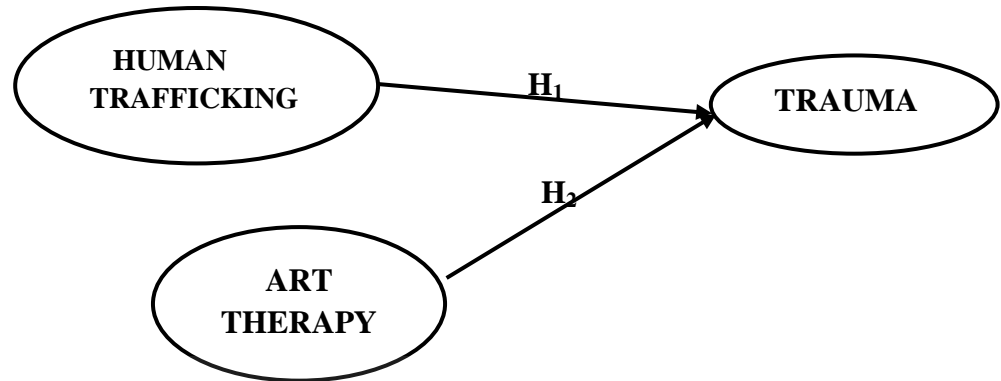
human trafficking will express their emotions to reflect the mind-body connectivity of the self to their respective environment. Victims' non-verbal expressions will facilitate their fast recovery from trauma.

## **2.10 Conceptual Framework**

Kombo and Tromp (2009), express a concept as an abstract or general idea inferred or derived from specific instances. A conceptual framework is a set of broad ideas and principles extracted from relevant fields of enquiry and used to structure a subsequent presentation.

Mugenda and Mugenda (2003) also believe that a conceptual framework is a hypothesized model identifying the model under study and the relationship between the dependent and independent variables. Whereas, Kothari (2004) mentions that an independent variable also known as the explanatory variable is the presumed cause of the changes of the dependent variable, while a dependent variable refers to the variable which the researcher wishes to explain. The goal of the conceptual framework is to categorize and describe concepts relevant to the study and map relationships among them. Such a framework helps the researcher to define the concept, map the research terrain or conceptual scope, systematize relations among concepts and identify gaps in literature (Creswell, 2003). The conceptual framework of the study was based on key concepts of the study and literature review.

The conceptual framework was then used to analyse the results of the research. It was based on the effect of human trafficking on trauma faced by victims and how Art Therapy can be employed as a tool to lessen the trauma faced by victims. This is shown in the Figure 2.6



**Figure 2.6 Conceptual Framework of the Study**

**Source: Researcher's Own Construct, 2016**

From the conceptual framework, trauma is the dependent variable, which is being predicted by human trafficking. The extent of this relationship is being tested in the research scope and study area.

Much works have not been done in this area relating both human trafficking and Art Therapy to trauma. However, there are studies, which look at these relationships separately. This study seeks to validate or prove otherwise that human trafficking leads to traumatic effects on victims whereas at the same time, determining the extent to which Art Therapy could be used to alleviate the traumatic effects of human trafficking on victims.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.1 Overview**

This chapter discusses the research methodology adopted in gathering and analysing the required data for this study. It includes detailed information on the research approach and design, population for the study, data collection instruments, the sample and sampling techniques used in the study. Data collection procedure and data analysis plan are also explained in this chapter.

#### **3.2 Research Design**

Research like any business venture needs careful planning for success to be achieved. Creswell (2012) expounds that research design is the selection of a specific procedure adopted in the research process for collecting data, analysing the data and writing a research report. Research design refers to the overall strategy a researcher adopts to integrate all the various components of an investigation in a coherent and logical manner. In order to scholarly discuss the issues relating to human trafficking; both qualitative and quantitative methods of research were used. The study adopted the qualitative research approach to be able to explain the problem identified among the victims of human trafficking and its numerous effects. Burg (2007) identified this approach to stimulate recall of occurrences leading to trafficking. The qualitative approach proved to be one of the best options due to its ability to allow for an in-depth interpretation of the social,

emotional and material situations of the victims of human trafficking specifically in the Kumasi Metropolis (Mariarty, 2011).

Again, the qualitative approach was used for aspects of the study because there was the need to explain the varying meanings of human trafficking and the concepts that make them up, the characteristics of human trafficking and their effects on victims, the metaphors surrounding, (Burg, 2007) human trafficking and description of events that have happened in the lives of the victims and also events that have led to human trafficking in the different communities in the Kumasi Metropolis. The use of the qualitative method also helped in developing a working relationship which made it easier for employing Art Therapy as an intervention. Bell (2010) agrees and explains further that, qualitative study focuses on understanding the individual's perception in life. Wyse (2011) also mentions that it is primarily used to acquire a deeper understanding of underlying reasons, opinions, and motivations of people. The underlying reason in this case is the issue of human trafficking and how best Art Therapy could be used as a means of alleviation.

Quantitative method of research was also adopted for the reasons that the method identifies the characteristics of an observed phenomenon and also explores correlations among the phenomenon by examining them as they are without modifying them (Leedy & Ormrod 2005). Here the problem identified was quantified as recommended by (Wyse, 2011) and data were obtained using questionnaire. Different opinions on human trafficking and best practices in art therapy as a form of intervention were gathered yet, due to the large number of the respondents, the quantitative research approach was used to explain the phenomenon as it was and generalizations were made to represent the larger population.

Labaree (2013) confirms that selection and adoption of any research design is to a very large extent influenced by the research questions.

### **3.3 Research Methods**

#### **3.3.1 Descriptive Research Methods**

Based on the objectives of this study coupled with the demands of the research questions, the descriptive research design of qualitative and quantitative studies which involves observing and describing the behaviour of a subject without influencing it in any way was used as one of the research designs in this study.

The descriptive research method was mainly used to describe vividly and to reveal the nature of traumatic situations of the victims of human trafficking including their relationships and control structure in their restricted environment; and how Art Therapy sessions were performed to generate their respective subsequent outcomes.

The descriptive research method was further used to provide a detailed and accurate explanation about the types and causes of human trafficking and social interventions used to mitigate the trauma of victims in the Kumasi Metropolis and their effectiveness.

#### **3.3.2 Case Study Research Method**

Case study allows for detailed study and extraction of vital information for which it was adopted due to its suitability for learning a lot about the phenomenon of human trafficking and its emotional effects on victims so as to have deeper understanding about their circumstances (Leedy & Ormrod, 2005).

This method (Bell, 2010) expounded its relevance as it offers the occasion to explore the menace of human trafficking and its negative impact that caused these victims to suffer trauma. For elucidation, (Berg, 2007) expressed the understanding that case study provide direction to uncover the nuances prevalent in human trafficking and the emotional state of victims. Consequently, this approach provided insight in identifying forms and types of human trafficking and effects on the emotions of victims and brought to the fore any concealed elements that escaped the interest of other related studies on human trafficking and trauma.

### **3.3.3 Phenomenological Research method**

The study also made use of the Phenomenological study method since this method lends itself to understanding a person's perception of the meaning of an event as opposed to the event as it exists external to the person. Leedy (2005) maintains that this design attempts to have understanding to one's perceptions, perspectives and having understanding to their experiences to a particular situation as in the case of human trafficking. Creswell (2003) expounds that, phenomenological study enables a researcher to have an in-depth understanding of the lived experiences of the population for which it is strikingly a philosophy as well as method.

This method enabled the researcher to identify the essence of human experiences in relation to human trafficking as described by the study participants. This also allowed the researcher to have detailed interaction through unstructured interviews and informal conversations with these rescued victims of human trafficking.

### **3.3.4 Content Analysis**

The content analysis research method was also adopted for the study. Leedy (2005) and Berg (2007) agree that content analysis is a careful, detailed and systematic examination and interpretation of a particular body of material in an attempt to identifying patterns, themes or biases.

Content analysis proved to be an important aspect of this study because it aided in the definitions and descriptions of characteristics identified in the 1992 Constitution of Ghana in relation to the human rights and protection provided to the subjects of study. This research method was employed to help identify and appreciate the mitigating factors stipulated in (Act 694 of 2005 & L.I. 2219 of 2015) to intervene in the circumstances of these traumatic victims of human trafficking.

This method also enabled the researcher to identify the inadequacies in the application of these available social interventions hence, the adoption of art therapy as an intervention. Also, this research method offered the researcher the opportunity to deduce meanings from the drawings made by the rescued human trafficked victims during Art Therapy sessions; with the help of art-based assessment tools adopted in this research.

### **3.4 Population**

Fraenkel and Wallen (1996) state that a “population is any set of people that have a common characteristic that makes it distinct from others” (92). Anhwere (2013) also mentions population to be the complete collection of study groups that satiate chosen criteria of the research interest. From Anhwere’s position the researcher adduced that, the

collection of these study groups are not limited to human beings but could also include objects or materials that interest the research course from which samples are drawn for analysis.

The population for the study is heterogeneous hence; it was divided into five categories:

- Three hundred human trafficked victims engaged in forced prostitution at the various prostitute communities in Kumasi Metropolis including Adum, Old Tafo, Anloga, Kwadaso, Wood-Village, Plaza, Tasco and Girl-Child prostitutes at Asafo, Kejetia and Vienna-city.
- One hundred rescued victims of Human Trafficking sheltered by NGOs within the Kumasi Metropolis.
- Ten officials of the Ministry of Gender, Children and Social Protection (Social Welfare Department-Kumasi).
- One hundred officers of the Ghana Police Service, the Ghana Immigration Service officers and officers of the Ghana Prison Service-Kumasi
- Five Psychologists.

Therefore, the population of the study was  $300+100+10+100+5=515$ .

#### **3.4.1 Target population**

The target population (Hayes, 2011) argues to involve the whole population that interests the study for speedy generalization. However, the target population was large and inaccessible as such, a selected population was picked for the study. The target population selected were 256 human trafficked victims engaged in forced prostitution within the various Prostitute communities within the Kumasi Metropolis, 40 rescued human

trafficked victims sheltered by NGOs within the Kumasi Metropolis; 5 officials of the Ministry of Gender, Children and Social Protection (Social Welfare Department), 80 officers of the Ghana Police Service, the Ghana Immigration Service officers and officers of the Ghana Prison Service -Kumasi and 2 Psychologists.

The heterogeneous population for the study were selected since, these five categories of respondents' evidence will yield some comprehensive outcomes needed for making generalizations in the study.

### **3.4.2 Accessible Population**

A descriptive qualitative research such as this required a thorough plan to choose the appropriate population suitable and also attainable in the study (Potter, 1999). This comprehensive strategy becomes the outline to predict the viability of attainable research outcomes. Furthermore, constraints in the field of budget and time necessitated the selection of a smaller unit of the population that was accessible.

On this premise, the accessible population was made up of respondents thus; 256 human trafficked victims engaged in forced prostitution within the various Prostitute communities within the Kumasi Metropolis, 40 rescued human trafficked victims sheltered by NGOs within the Kumasi Metropolis, 5 officials of the Ministry of Children, Gender and Social Protection (Social Welfare Department), 80 officers of the Ghana Police Service, the Ghana Immigration Service officers and officers of the Ghana Prison Service-Kumasi and 2 Psychologists.

### **3.5 Sample and Sampling Technique**

Sampling techniques employed for the study were purposive, snowball and stratified random sampling.

#### **3.5.1 Purposive Sampling Technique**

Purposive sampling technique was used to select the 5 officials of Ministry of Children, Gender and Social Protection-Kumasi and 80 officials of the Ghana Police Service-Kumasi, the Ghana Immigration Service Officers-Kumasi and officers of the Ghana Prison Service and 2 Psychologists. This sampling method was used because these categories of people have enough knowledge about the current area of study and could therefore provide the researcher with the required data. Fraenkel & Wallen (1996) indicate that, previous knowledge of a population and the specific purpose of the study allows a researcher the flexibility to choose a sample. This allowed the researcher to choose the sample to represent population accessible.

#### **3.5.2 Snowball Sampling Technique**

Snowball sampling which involves chain referral responses was also used to identify certain attributes and characteristics necessary for the study (Berg, 2007). The snowball sampling technique became most useful in the identification of the chief pimps; human trafficked victims forced into prostitution at the various prostitutes communities within the Kumasi Metropolis, and in identifying their locations and modes of operation.

### 3.5.3 Stratified Random Sampling

Stratified random sampling was used mainly for the population in the first and fourth categories that is, human trafficked victims forced into prostitution at the selected prostitutes communities within the Kumasi Metropolis. Due to the heterogeneous nature of the population, stratification enabled equal inclusion. Especially, in identifying the various strata of the target population in these categories, 30% from each stratum was used (Leedy, 2005). Hence, the accessible population using the stratified random sampling is

$$\begin{aligned} & \frac{30}{100} \times 256 + \frac{30}{100} \times 80 \\ & = 76.8 + 24 = 100.8 \end{aligned}$$

The use of stratified random sampling has the advantage of the likelihood of equal and fair representation of key characteristics of individuals in the population to be included in the sample (Fraenkel & Wallen, 1996).

The total sample size for the study therefore was  $76.8+24+ 40+5+2 = 147.8$  or **148**

### 3.6 Data Collection Instruments

The main data collection instruments used for the study were Interview, Observation, Questionnaire and Art Based Assessment.

#### 3.6.1 Interview as a Tool for Collecting Data

An interview is basically a set of questions to be answered by the subject or respondents of a study. It is conducted orally and the answers to the questions are recorded by a researcher or someone trained by the researcher. The advantages of interview are that the interviewer can clarify any questions that are obscure and also ask the respondent to expand on

answers that are particularly important or revealing (Fraenkel & Wallen, 1996). The interview was very relevant to this study because it allowed the researcher to have face-to-face interaction with the respondents specifically the victims of human trafficking and the officials of Criminal Justice.

The face-to-face interviews were conducted at the various identified prostitution communities in Kumasi to have direct information on their beliefs and perspectives in life and about their current state of life; as well as their feelings, and explanations of their experiences as victims.

### **3.6.2 Observation as a Tool for Collecting Data**

Observation is the ability of a researcher to critically look into happenings within or around the environs of the subject and area under study. Leedy & Ormrod (2005) suggest that, in a qualitative study the researcher may use observations either as a relative outsider or as a participant observer. Observations in qualitative study are intentionally unstructured and free-flowing. As adopted in the study, this allowed for the shifting of focus from one thing to another as new and potentially significant object and events present themselves. The basic advantage of conducting observations in this manner is flexibility. The researcher therefore, took advantage of unseen data sources as they surface.

Through observation, the researcher was able to identify the varied trauma dispositions of the rescued trafficked victims within their shattered emotional environment. It also allowed

the researcher to gather data on their emotional swing and inconsistencies in their communication as well as their attitude. Additionally, the tool of observation enabled the researcher gather data progressively on their emotional healing when they were offered sessions of Art Therapy.

### **3.6.3 Questionnaire as Tool for Collecting Data**

Questionnaire is simply a number of questions printed, typed or cyclostyled. These questions usually are very carefully drafted keeping in view the main object, nature and scope of the problem under investigation (Rao, 2008). For further understanding of questionnaire (Fraenkel & Wallen, 1996) are of the view that the subjects or respondents respond to questions by writing or, more commonly, marking an answer sheet.

The researcher featured close and open-ended questions in the questionnaire. The close-ended questions allowed the respondents to give definite answers to queries. The open-ended questions enabled the respondents to show also their perceptions, aspirations in life; and frustrations of being commercial sex workers and victims of human trafficking. See (Appendix A& B).

### **3.6.4 Art Based Assessment**

The researcher adopted the techniques of Draw-a- Person (DAP) and House-Tree-Person (HTP) to collect emotional data from 40 victims of human trafficking who exhibited varied trauma dispositions.

The researcher in her first interaction met with 24 traumatised victims in a large hall where vocational activities were held. On sighting the researcher, they presented instantly varied trauma dispositions as some withdrew, screamed and others did not show interest though the researcher was appropriately introduced to them.

The researcher, displayed art materials on two large industrial tables available for the Art Therapy sessions. These victims were supplied with drawing papers of A4 sizes and instructed them to pick any media of their choice. Few introverted ones immediately collected media of their choice and others followed thereon. To get their attention, the researcher took them through warm-up activities. They were asked to close their eyes and scribble for 7 minutes. This activity fascinated some of them and after the 7minutes elapsed they were asked to stop work. The researcher observed that the victims appreciated their respective artworks. The tensed atmosphere became relaxed and they were once asked to critically check their artworks for any identifiable item or figure within 5minutes. The concentration given to this search activity was intense, and simultaneously some shouted “I have found a fish”, “I have found oranges”, I have found a man” and others expressed that they had identified various forms or items. In their expressions of joy of the success of their drawings, they were instructed further to colour them. During the warm-up, these respondents were observed to have lost their emotional defence zones and became relaxed and did not exhibit any trauma dispositions as they drew. The fun of the warm-up activity made it possible to desensitize their fears and apprehensions (Buchalter, 2004). This was a key entrance into their emotional space.

To further explore the emotional state of these traumatized victims, the researcher through directed and non-directed themes such as “Doodle and colour”, “ Scribble and Colour”, “Draw What You Like” “Draw What Makes You Afraid”, “Draw Your Pain”, “Draw Your Dream”, “Draw Your Family”, “Imagine Your Future and Draw” and “Draw What Makes You Happy”. The researcher gave these themes within the perspective of the techniques of DAP and HTP. This allowed the study to gain constant data on the emotional state of these traumatized victims and helped in their emotional healing. The researcher also employed the Moschini’s Drawing Assessment protocol that offered valid interpretation to victims’ drawings.

### **3.7 Primary and Secondary Data**

Primary and Secondary data were used. Data collected from interviews and observation through interaction with respondents in the various prostitutes’ communities within the Kumasi Metropolis; Officers of the Criminal Justice System of Ghana, the Ministry of Gender, Children and Social Protection (Social Welfare Department). Additionally, the drawings of rescued victims of human trafficking and the questionnaires returned constituted the primary data. Data collected from various libraries, journal articles, internet, publications and books were treated as the secondary data.

### **3.8 Data Collection Procedures**

According to (Creswell, 2012) data collection in research involves the researcher’s ability to extract relevant data from people and places where research is extended to and the procedures involved in accessing such relevant data. Additionally, the data collecting

procedures yield information on the frequency of behaviour of the target group, or their communication in terms of responses, opinions and quotes that allow for some comprehensive technical discussions about the mechanics and administration of data collection. The strategies the researcher adopted in collecting the data for this research preliminarily, started with related literature review. The researcher also visited the selected prostitute communities within the Kumasi Metropolis and through the assistance of the Chief pimps, the human trafficked victims forced into prostitution were identified and through interview data were collected.

Introduction letters were collected from the Head of Department (Department of General Art Studies) to the following governmental institutions and an NGO:

- The Ashanti Regional Commander of Police, Ghana Police Service-Kumasi.
- The Ashanti Regional Commander of Prisons, Ghana Prisons Service-Kumasi.
- The Ashanti Regional Commander of Immigration, Ghana Immigration Service-Kumasi.
- The Ministry of Children, Gender and Social Protection-Kumasi.
- The Director of OM Ghana a Non-Governmental Organization (NGO) Kumasi.

The researcher undertook the under mentioned varied activities and steadily gathered data to meet the requirements of the objectives of the study.

### **3.8.1 Objective One**

This objective was to describe the causes of human trafficking and their types within the Kumasi Metropolis. To provide an in depth response to this objective, a thorough review

of related literature on human trafficking was adequately done and the attendant causes were identified. This was made possible through the materials available in the libraries and the internet. However, for the researcher to have a first-hand information on the crime of human trafficking as well as the position of the law; and the factors promoting the commission of human trafficking within the Kumasi Metropolis, formal letters were obtained from the Head of Department of Educational Innovations in Science and Technology to the selected institutions where the research was to be conducted.

The formal introduction permitted the researcher to conduct face-to-face interviews with respondents from these institutions. The researcher was able to interview twenty officials from the Ghana Police, Prison and Immigration Service and gathered detailed primary data on human trafficking, its causes and their types in view of the position of the law. The researcher did interview 47 human trafficked victims forced into prostitution at the selected prostitute communities in Kumasi including the chief pimp to have primary informations from them that enabled the researcher to acquire a maximum understanding of their respective perspectives of causes and types of human trafficking.

Finally, 25 rescued human trafficked victims sheltered by an NGO were also interviewed and the information gathered provided the study with detailed first-hand information about the trauma they were experiencing. In totality, the researcher interviewed 96 respondents which assisted her to have versatile and in-depth information for the study. This was due to the fact that the respondents have deep knowledge in their respective domains and shed light on the study.

The researcher also visited the office of the Anti-Human Trafficking Unit of the Ghana Police Service in Kumasi through which victims sheltered by OM Ghana an NGO were identified. The study was extended to the Ghana Prison and Immigration Service, the Ministry of Gender, Children and Social Protection and data were collected through interviews and returned questionnaires. In all 40 copies of questionnaires were administered on these trafficked victims after they were taken through sessions of Art Therapy to know their primary views on the causes and types of human trafficked perpetrated against them and 38 copies were returned.

### **3.8.2 Objective Two**

The second objective was to examine the existing politico-social interventions and their effectiveness in dealing with the trauma associated with victims of human trafficking. To realise this objective, two Psychologists and two officials from the Ministry of Children, Gender and Social Protection were interviewed. This was to enable the researcher have information about trauma dispositions of human trafficked victims and the available social remedies or intervention provided by the Justice System of Ghana. The researcher visited the office of the Anti-Human Trafficking Unit (AHTU) of the Ghana Police Service in Kumasi and interacted with the officials of this unit. Interview sessions were held on the subject since this unit was responsible for enforcing the law prohibiting the crime of human trafficking in Ghana (Act 694, 2005; L.I. 2219 of 2015) and also to rescue victims of this crime. Questionnaires were administered on personnel who could not be interviewed due to their job schedules. However, the outcome of investigation at this level revealed that social intervention of Safe Shelter for rescued victims was not available for

adults except for the juvenile at the Children's Home. This situation posed a challenge for which the Social Welfare Department had to liaise with NGOs and INGOs in the Metropolis to accommodate adult victims temporarily.

Consequently, a visit was made to the Social Protection office (Department of Social Welfare) at the Ministries, Kumasi to seek data on the subject. The initial interaction with the personnel on the subject suggested a confirmation of the earlier position. Accordingly, the researcher was informed that shelter for victims was very paramount intervention and prerequisite for engaging other interventions to mitigate their suffering. Unfortunately it was a conspicuous lack therefore; the social Welfare depended on the facilities of NGOs to provide this intervention and has become a challenge. Further, the researcher gathered that some form of counselling was given victims per the demands of (section 16 of Act 694/2005, & section 15 L.I. 2219/2015). Interviews were conducted and questionnaires were administered on personnel who could not grant interview to the researcher.

The researcher also assessed the Ghanaian 1992 Constitution and Act 694/2005 & L.I. 2219/2015 to expressly, identify the social interventions and mitigation factors available to human trafficked victims within the perimeters of the law; and how effective they were in dealing with trauma associated with the menace human trafficking. The researcher liaised with the AHTU in Kumasi; the researchers extended her enquiries to an NGO called Operation Mobilisation Ghana (OM Ghana) located within the Kumasi Metropolis that rescues and provide shelter for human trafficked victims. Preliminary interaction with the officials of OM Ghana, revealed that they have on countless occasions, rescued human trafficked victims from within Ghana and also given them shelter and offer them Biblical

counselling and when they recover from trauma, they provide professional skill training for them to equip them to start a new life. It was also gathered that they rescued most Nigerian victims trafficked from their country to Ghana to engage in prostitution. It was however admitted that, they have had no support from the state government but because they were a Christian NGO every service they offer trauma victims were free of any charge. OM Ghana also revealed that after rehabilitation they reintegrate them back into their family with some financial package to start life in addition to monthly remittance for a period of three months to support them to integrate appropriately. The researcher was introduced to some rescued trauma victims and by observing them she realized their conducts were not appropriate as some withdrew, and others laughed hysterically without any apparent cause. Others were also calm and some were afraid to interact with the researcher. Notably, (Herman, 1992; Terr, 1990; van der Kolk & Fisler, 1995) observed that such dispositions of confusion and forgetfulness were identities consistent with trauma memories of these victims. The researcher presented her introduction letter to the administrator of OM and requested for further interaction with this population so she could use Art Therapy to mitigate their trauma circumstances, which was agreed, and a schedule made for Art Therapy intervention to take off.

### **3.8.3 Objective Three**

The third objective of this study was to determine how Art Therapy can be used to assist victims of human trafficking recover from their trauma. To achieve this objective, the researcher liaised with the Director of OM Ghana for access to the human trafficked victims they have rescued and sheltered in their facility. The researcher was introduced

officially to the OM Ghana personnel by the Director who gave the instruction for them to cooperate with me and render any assistance to facilitate the study. The Chaperon in charge of these 40 female rescued victims was specifically assigned to assist and be present in all the therapeutic processes that were adopted to facilitate positive modifications in the traumatic dispositions of this selected population. The positive outcome expected (Rubin, 2010) noted can effect changes that outlast sessions of Art Therapy they were offered.

Though 40 victims were prompted to go through the Art Therapy session, initially, only 24 were ready and converged in one of their very large halls used for vocational training. They were made to sit round two long industrial tables and because of their size, group Art therapy sessions were offered to them. This was to encourage interconnectivity among group members and facilitate healing of these traumatized victims.

However, before the commencement of each session, clients were taken through varied warm-up exercises to enable them have a feel of Art Therapy as well as to become acquainted with group members and media usage. The impression achieved was on the focus of the exercise and the expressions of the clients' emotions and their mind set but not the aesthetical value of these artistic works. The researcher intended to present the session to become full of fun in an attempt to diminish any apprehension likely to be expressed or suffered by these clients (Buchalter, 2004).

The results of the art works produced by these clients through directed and non-directed procedures as per the Art Therapy sessions offered have been indicated as follows:.

### **3.8.3.1 Art Therapy Session One**

#### **Warm-up: Close Your Eyes and Scribble**

##### **Available Materials:**

Drawing papers-A4 size, markers, colour-pencils, crayons, 2B pencils, felt-pens.

##### **Procedure of Data Collection:**

The researcher drew the attention of these victims to the wall clock fixed in the therapeutic space and distributed drawing papers to each of them. They were instructed to choose any media of their choice which were displayed on each table and they willingly took media that appealed to them. Due to their varied dispositions of trauma, they were told repeatedly not to be afraid. They were directed to close both eyes and in 7mins scribble on the paper. They were also directed to freely extend their hands to any section of the paper they want and have fun. Time-up! Time-up! The researcher announced the end of the exercise after the 7mins had elapsed. She directed them to open their eyes and in 5mins check if they could identify any figure, object or item in their scribbled work. Some raised their hand and indicated they had observed items in their respective works and they were instructed to colour same. In 10mins almost all the twenty-four clients had finished the colouring. The excitement observed in their demeanours intrigued and gave the researcher hope to offer more services to mitigate their trauma positions.

##### **Rationale of the Warm-Up Activity:**

My objective was for these victims to experiment with the media and also explore the simplicity with which they could draw and relate their work to their mental state and

perception of themselves. According to Buchalter (2004) such an activity releases apprehensiveness of victims and becomes useful in speeding up group collaboration and growth. Due to this, victims were encouraged to speak about their works to enable me observe the slightest change in their behaviour in relation to their respective trauma dispositions. Some of the works are displayed in Plates 3a to 3b.



**Plate 3a & Plate 3b: Warm-up One Scribble and Colour**

## Warm-up Two

### Scribble and Colour

#### Materials:

Drawing papers-A4 size, markers, colour-pencils, crayons, 2B pencils felt-pens.

This session was an extension of the previous one. The researcher intended to allow these participants to have a feel of the media and usage and also explore further the free hand to draw. It was intended that; this procedure will enable me have some insight into their inner world through these works.



Plate 3c & Plate 3d: Warm-up Two

In fact, the 7minutes quick artistic production by these traumatized victims, the researcher observed brought a lot of inspiration to them and also aroused the researcher's energy into having deep insight to mitigating their trauma (Buchalter, 2004). The session was rescheduled to a bi- weekly regime.

The warm-up protocol was adopted because (Bulchalter, 2004) asserts that worm-ups relieve traumatised victims of their apprehension and also helps them to relate effectively. This was a necessary pre- requirement to effective Art Therapy session.

### 3.8.3.2 Art Therapy Session Two

#### Warm-up: Scribble and Colour

**Rationale:** The warm-up was to set the tone for the actual therapy and also influence the removal of apprehension from my clients. Further, through scribbling and colouring within the therapeutic environment these traumatic victims of human traffic would experience serenity and shed some amount of stress bringing healing which will invariably affect their mood to unconsciously, open them up to make statements of their respective inner world; communicated through drawings.



**Plate 3e & Plate 3f: warm-up for Art Therapy Session Two**

**Theme: Draw What You Like**

**Materials:**

Drawing papers-A4 size, markers, colour-pencils, crayons, 2B pencils felt-pens, poster colours and bristle brushes and water.

**Procedure of Data Collection:**

The researcher told participants to draw within 45mins what they like. They were to select/pick any media of their choice as made available to them. They were told to express themselves freely.

**Rationale of the Non Directive Theme:**

Spontaneous expressions through drawing enabled the traumatized victims to communicate problems, emotion fears, wishes and challenges in a non-threatening ways. This was to provide the opportunity for unconscious information, which, hitherto blocked, has been made available through these drawings, (Buchalter, 2004). Additionally, it served as a roadmap for the researcher to have a fair and preliminary understanding about their mental stability in lieu of their traumatic dispositions.



**Plate 3g & Plate 3h: Draw What You Like**

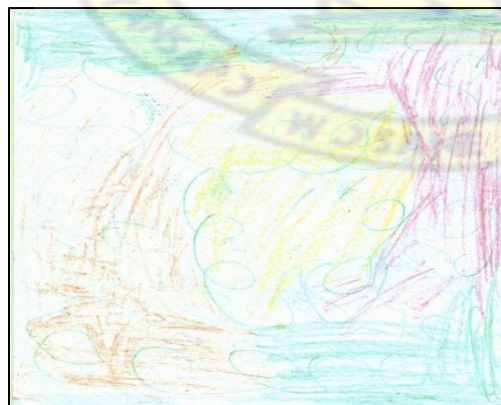
### **3.8.3.3 Art Therapy Session Three**

**Warm-Ups:** Doodle and Colour

**Materials:**

Drawing papers-A4 size, markers, colour-pencils, crayons, 2B pencils felt-pens, poster colours and bristle brushes, pallets and water

**Rationale:** The researcher needed the clients to loosen up their apprehension (Buchalter, 2004).



**Plate 3i & Plate 3j: Warm-Ups: Doodle and Colour**

## **Draw What Makes You Afraid**

### **Materials:**

Drawing papers, markers, colour-pencils, crayons, 2B pencils felt-pens, poster colours and bristle brushes, pallets and water.

### **Procedure of Data Collection**

The researcher told participants to draw whatever makes them afraid. It could be an event, a situation or a person. She also encouraged them to relax and draw whatever memory that caused the fear in them. This activity was to be done within 45mins. They were to pick any media of their choice to execute the drawing activity. These clients were employed to freely express themselves artistically as the exercise was not about aesthetics.

### **Rationale:**

For healing to be effected the researcher, decided to reconnect her clients to their respective trauma identities so they could momentarily connect to the event and re-live it. The aim was also to induce such experiences of trauma and by drawing which Buchalter suggested, clients could release unconscious and suppressed information into their drawings. This schedule will help clients to shed off some effects of trauma in them. The artworks produced as indicated in Plates 3l and 3m convey strong symbolic message emanating from the unconscious, and the symbolic drawings become the means through which the therapist can have insight into their inner world (Margaret Naumburg) cited by (Rubin, 2010).



**Plate 3l & Plate 3m: Draw What Makes You Afraid**

To have understanding of the symbolic representation of these communications as represented in their artworks, the researcher, encouraged them to express verbally the interpretation of their works and the outcome was accepted and respected. This was in view of Naumburg as cited by (Rubin, 2010) that in Art Therapy the participants' interpretation of their artistic products command great respect which the researcher acknowledged and adopted in this regard of collecting data on their inner emotions respectively.

#### **3.8.3.4 Art Therapy Session Four**

The researcher at this stage identified some modifications in the attitudes of these 24 victims that could be attributed to the emotional support gained through the sessions to this point. The Chaperon added 16 traumatized human trafficked victims to the group and mentioned that, due to the observable changes in the conduct in the twenty-four, she

encouraged the remaining to join so as to have some release also. Another industrial table was brought into the hall that served as the therapeutic space. The 16 new traumatized victims were mixed up in seating arrangement with the previous 24 participants so they could probably influence them since they all knew each other. To test this assumption of the likely influence, the researcher introduced innovation into the warm-up activity to induce the attention of all clients.

**Warm-Up:** Since the earlier victims had become familiar with the media they were provided with, the researcher decided to introduce a Ghanaian perspective of gaining their attention and also helping them to relax and be in harmony emotionally and also to observe their influence on the newly added participants. The researcher asked all of them to recite the Ghanaian National Pledge. Of course, most of them have had some level of the basic education so with fun they recited, though a few of them missed some lines as the researcher observed the movement of their lips. Some level of excitement was observed in them for which, they were encouraged to repeat the recital. Again, they were directed to clap-clap their hands and twist-twist their waist as demonstrated by her. This activity was largely premised on the analogy drawn by (Rubin, 2010) in reference to 1976 where Harriet Wadeson used multimodal approach of music, drama movement, fantasy and drawing to help psychiatric patients. They did enjoy this activity all together and were observed to have gained a lot of good composure for the commencement of the actual session to take off. This style of warm-up was relevant in the Ghanaian context in calling for attention in that domain. Rubin (2010) applauded the usage of recital and movement as

appropriate tools for gaining the attention of these victims who were so withdrawn emotionally in respect to the new arrivals.

**Theme: Draw Your Pain**

**Materials:**

Drawing papers A4 size, markers, colour-pencils, crayons, 2B pencils, felt-pens, poster colour, bristle brushes, pallets and water.

**Procedure of Data Collection**

The researcher implored victims to “take a deep breath”, “breath-in breath-out” “relax”. Draw your pain. She encouraged them to express the stressor whether it be an event, a situation or a person. They were to relax and draw whatever memory that caused the pain in them. This was premised on the idea (Buchalter, 2004) expounded that through drawing these could communicate symbolically and this equipped the study to explore for which great insight into their circumstances was obtained. This activity was done within 45mins.

**Rationale:**

The aim of the Art Therapy was to help the suffering participants to become relieved from trauma and regain their lost lives (Aba-Afari, 2011). For this reason, the theme “Draw Your Pain” was introduced to them and the outcome produced served as an inroad that enabled the researcher to further acquire insight and drew modalities that would assist them in the subsequent Art Therapy sessions and also to speed up their healing to reflect their regained self-identity, self-control and consciousness of the self.



**Plate 3n: Draw Your Pain**

The Researcher allowed these victims to talk about their works and give interpretations to the symbolic images identified in their work. By this arrangement, the confidence levels of some of the victims increased and this was observed in their verbal expressions which was full of joy, and laughter that diminished their pensive and withdrawn mood.

#### **3.8.3.5 Art Therapy Session Five**

The researcher observed some remarkable amount of release and interest in the 40 victims at the start of this session. The Chaperon confirmed to the researcher that, she was surprised that most of the human trafficked victims especially the 16 that were added in the previous session have had tremendous emotional release just by attending only one session of the Art Therapy. According to her, some of these victims who could not interact were

doing so freely after the sessions. Others who were found of shouting and hostile were calm and conscious of themselves. She mentioned that the two whole weeks after the session she observed calmness in them. Accordingly, they comported themselves very well. Those who have been shouting, screaming, lack of appetite and sleeplessness due to trauma have assumed new phase of life. She hugged the researcher and remarked “...Art therapy is medicine”. Due to the observable effects of release from trauma, leading to self-awareness, the researcher decided to assist them to reconnect to their dreams and life aspirations which were suppressed because of trauma. A new theme was introduced.

**Theme: Draw your Dream**

**Materials:**

Drawing papers, markers, colour-pencils, crayons, 2B pencils felt-pens, poster colours and bristle brushes, pallets and water.

**Procedure of Data Collection**

The victims were directed to draw their dream in life. They were encouraged without any inhibition to express their desire in life. This activity was to be completed within 45mins.

**Rationale:**

The intention for the directive theme was to enable the researcher reconnect victims to their inner world to re-access the beautiful dreams they individually had for life; which was lost in reality of life but strived on in a suppressed form in their sub-conscious self.

Additionally, the researcher aimed at assisting her clients to achieve healing through actualizing their self-identity by the drawings they have produced.



Plate 3p & Plate 3r : Draw your Dream

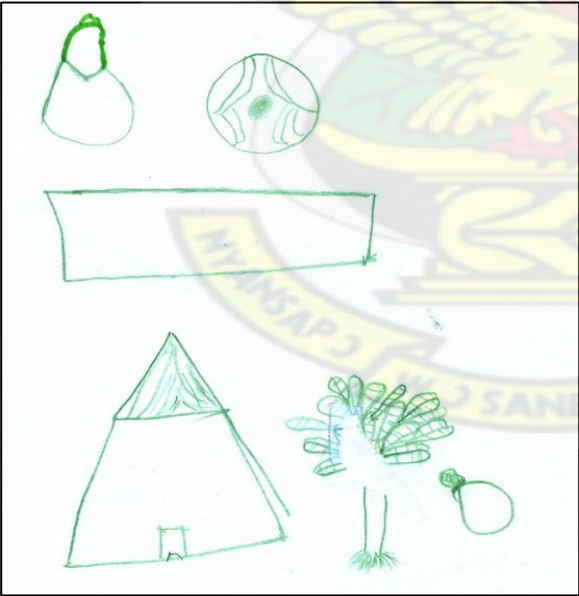


Plate 3s & Plate 3u: Draw your Dream

These respondents were made to give verbal interpretations to their symbolic statements. This was to access their inner healing and self-consciousness through the meaning they ascribe to their work as well as the sound and coherent verbal statement made.

### **3.8.3.6 Art Therapy Session Six**

At the sixth session of the Art Therapy, 39 participants were available instead of the 40. The Chaperon informed the researcher that, one of the foreign clients requested and left for her homeland because she had gained a lot of strength emotionally to start a new life in her country. The Chaperon added that this request the client made three days after the last session held on the theme “Draw Your Dream”. There were some remarkable changes in the demeanours of the clients. The withdrawn ones had become active and during routine interaction with researcher, they expressed themselves soundly and very actively which confirmed their level of healing and release from trauma.

#### **Theme: Draw Your Family**

#### **Materials:**

Drawing papers A4 size, markers, colour-pencils, crayons, 2B pencils, erasers, felt-pens, poster colours, bristle brushes, pallets and water.

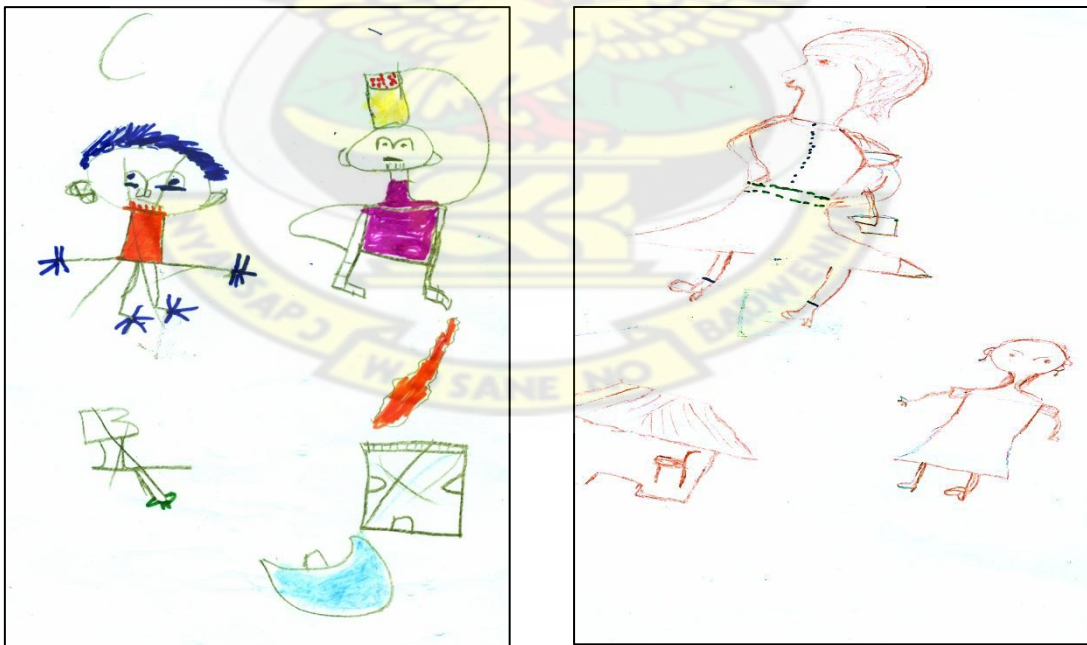
#### **Procedure of Data Collection**

The participants were directed to express freely, their inner emotions about their family in drawing. They were told to use any media they wish to use and were also free to maintain

or change into using any new media available. All group members got ready and started drawing which lasted for 45mins.

**Rationale:**

The aim of the researcher was to reconnect them to the essence of real family which they had lost through human trafficking and its attendant relocation from one community to another for exploitation. Unfortunately, most family members were instrumental by ignorance in pushing these victims into exploitation that led to trauma they suffered. The outcome of their drawing and interpretation given would determine the healing they have attained as well as the inner strength and ability to strive beyond the past. This activity was also to stretch their imaginative ability to access their level and growth made in the shredding off deposits of trauma indicators suppressed in their sub-consciousness self.



**Plate 3v & Plate 3w: Draw Your Family**



**Plate 3x & Plate 3y: Draw Your Family**

### **3.8.3.7 Art Therapy Session Seven**

**Theme: Imagine Your Future and Draw**

**Materials:**

Drawing papers A4 size, markers, colour-pencils, crayons, 2B pencils, erasers, felt-pens, poster colours, bristle brushes, pallets and water.

**Procedure of Data Collection**

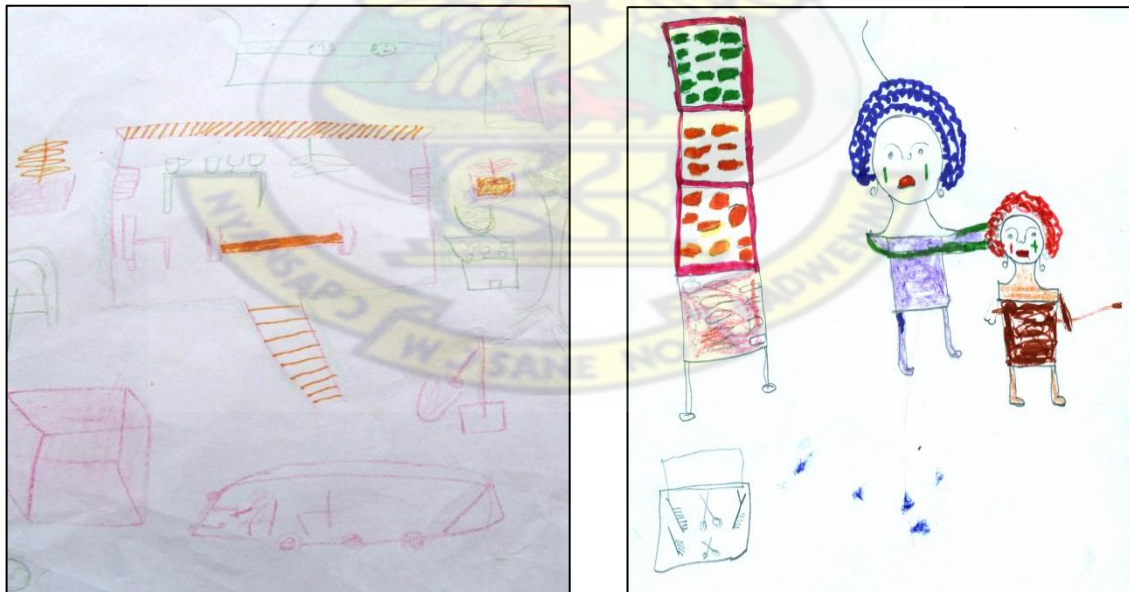
The victims were directed with the theme “Imagine Your Future and Draw” which was premised on the projective technique of Draw-a-Person (DAP) and House-Tree-Person (HTP), (Moshini, 2005) cited (Machover, 1949; & Buck, 1948). This was to gather detail information on their self-identity which is earned from the home. They were encouraged to

freely express themselves in drawing as well as the interpretations given to the symbolism identified in the artworks.

**Rationale:**

The researcher aimed at collecting both quantitative qualitative and information on participants through their work. Quantitatively, the researcher was to collect information by the size of the drawing, placement, detailing, quality of line, how work is shaded, colour usage, and the viewer's impression of the work; (Moschini, 2005). Qualitatively, the intention was to assess the trauma release, and healing of my clients as represented in their drawings by the symbols, metaphors and the information presented during the post drawing enquiries (Moschini, 2005).

Some artworks produced during this session have been indicated in plates 3z and 3a1.



**Plate 3z & Plate 3a1: Imagine Your Future and Draw**

### **3.8.3.8 Art Therapy Session Eight**

#### **Theme: Draw What Makes You Happy**

##### **Materials:**

Drawing papers A4 size, markers, colour-pencils, crayons, 2B pencils, erasers, felt-pens, poster colours and bristle brushes, pallets and water.

##### **Procedure of Data Collection**

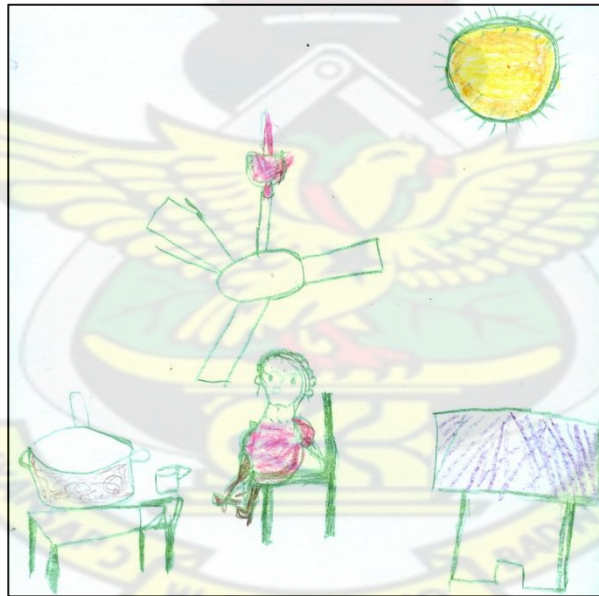
The researcher did observe that victims have improved tremendously in stability which was expressed in their communication and association among themselves in the group. The interest expressed in relating to the researcher in terms of verbal communication, and comportment was suggestive that they have gained control of themselves (Aba-Afari, 2011). To have evidence, the researcher introduced the theme “Draw What Makes You Happy” to enable her explore their inner-self and stability. They were motivated within the therapeutic and serene space to express artistically, the feelings, thoughts, events, people or scenes that makes each of them happy. Additionally, they were told to relax and complete the activity within 45mins.

##### **Rationale:**

The objective was to confirm their emotional healing through their individual artistic statement communicated in their drawings. The interpretation of these victims to their artworks in relation to the symbols, metaphors as well as the emotional gratification attached to the drawing in the post-drawing enquiry became resources that enabled the researcher access the requisite information as provided in the following drawings.



**Plate 3b1 & Plate 3c1: Draw What Makes You Happy**



**Plate 3d1 : Draw What Makes You Happy**

## CHAPTER FOUR

### PRESENTATION, ANALYSIS AND DISCUSSION OF FINDINGS

#### 4.1 Overview

This chapter presents findings from the field survey arranged in line with the objectives of the study and the related literature reviewed. The data were collected through the use of questionnaire, interviews, and observation as well as art based assessment. The findings have been presented and discussed for each of the data collection instrument used in line with the study's objectives. From the questionnaire, findings were presented from the perspective of both rescued victims of human trafficking and officials who handle human trafficking issues. However, data gathered through art based assessment are further explained by the drawings of some rescued victims of human trafficking.

#### 4.2 Response Rate

The questionnaires administered were designed for two categories of respondents. Thus, the victims of human trafficking, and the officials who handle human trafficking issues. With the victims of human trafficking, out of the 50 questionnaires administered to them, only 38 were returned, representing 76% response rate. On the other hand, with regards to the officials who handle human trafficking issues, out of the 100 questionnaires administered, 87 were returned, representing 87% of response rate. Hence, relatively, the response rate for both categories of respondents of the study was very good and encouraging.

### 4.3 Demographic Information of Human Trafficking Rescued Victims

In order to make a sound judgement and meaningful analysis, it was necessary to determine the background information of respondents. This included questions of their gender, age, educational background, religion, marital status as well as occupation of human trafficking rescued victims.

**Table 4.1: Demographic Information of Human Trafficking Rescued Victims**

Demography	Category	Frequency	Percentage %
Gender of Respondent	Male	0	0.0%
	Female	38	100.0%
	<b>Total</b>	<b>38</b>	<b>100.0%</b>
Age of Respondent	Below 10 years	0	0.0%
	10 - 20 years	32	83.2%
	21 - 30 years	6	15.8%
	<b>Total</b>	<b>38</b>	<b>100.0%</b>
Educational Qualification of Respondent	Illiterate	2	5.3%
	Basic (Middle Sch/Prim./JHS)	32	84.2%
	Secondary	4	10.5%
	<b>Total</b>	<b>38</b>	<b>100.0%</b>
Marital status of Respondent	Single	36	94.7%
	Married	2	5.3%
	<b>Total</b>	<b>38</b>	<b>100.0%</b>
Religion of Respondent	Christian	30	78.9%
	Muslim	8	21.1%
	<b>Total</b>	<b>38</b>	<b>100.0%</b>
Occupation of Respondent	Student	20	52.6%
	Apprentice	10	26.3%
	Trading (Buying and selling)	2	5.3%
	Farming	4	10.5%
	Other(s)	2	5.3%
	<b>Total</b>	<b>38</b>	<b>100.0%</b>

Source: Field Survey, 2016

From Table 4.1, which represents the demographic information of human trafficking victims, it could be adduced that all 38 respondents were females. With their age range, it was revealed that most of the respondents were between the ages of 10 and 20 representing 83.2% of responses. This was followed by 15.8% who were aged between 21 and 30 years respectively. This means that a large number of young girls have been the target and trafficked within Ghana. This has a negative implication for the future of these girls who were to be in school under the care and protection of their parents.

Concerning the educational level of the human trafficking victims, it was revealed that majority had Basic education with 84.2% of responses, whereas about 10.5% had secondary education. Only about 5.3% were illiterate.

With their marital status, majority (94.7%) were single whereas just 5.3% were married. With the respondents' religion, the responses were for just Christianity and Islam representing 78.9% and 21.1% of responses respectively.

Finally, the rescued human trafficking victims were asked about their occupation before they were trafficked and most respondents indicated that they were students or apprentices with 52.6% and 26.3% of responses respectively. However, a few of the respondents, about 10.5% indicated they were into farming whereas 5.3% were either traders or doing other menial jobs.

#### **4.4 Demographic Information of Officials**

Similarly, the demographic information of officials who handle human trafficking issues were found out, including questions of their gender, age, educational background and

number of years served in their respective positions. These have been presented in Tables 4.2a and 4.2b respectively.

From Table 4.2a which represented the demographic information of officials in charge of human trafficking issues, it could be adduced that majority were males with 70.1% whereas the remaining 21.9% were females with exception of 8% who did not indicate whether they were males or females.

**Table 4.2a: Demographic Information of Officials**

<b>Demography</b>	<b>Category</b>	<b>Frequency</b>	<b>Percentage %</b>
Gender of Respondent	Male	61	70.1%
	Female	19	21.9%
	Non-Response	7	8.0%
	<b>Total</b>	<b>87</b>	<b>100.00</b>
Age of Respondent	Below 25 years	4	4.6%
	25 - 30 years	15	17.2%
	31 - 35 years	28	32.2%
	36 - 40 years	11	12.6%
	Above 40 years	27	31.0%
	Non-Response	2	2.3%
	<b>Total</b>	<b>87</b>	<b>100.00</b>

**Source: Field Survey, 2016**

With their age range, it was revealed that those within the ages of 31 to 35 were slightly more with 32.2% of responses. This was followed by 31.0% who aged above 40 years. Those between the ages of 25 – 30 years and 36 – 40 were 17.2% and 12.6% of responses respectively. Only a few (4.6%) were less than 25 years. However, there was a non-response rate of 2.3% for the age categories.

#### 4.4.1 Demographic Information of Officials

Concerning the educational level of the officials in charge of human trafficking issues, it was revealed that majority have Tertiary education with 89.7% of responses, whereas about 4.6% had secondary education. Just about 2.3% were having other qualifications. However, about 3.4% of the respondents did not indicate their educational qualification.

**Table 4.2b: Demographic Information of Officials**

Demography	Category	Frequency	Percentage %
Educational Qualification of Security Personnel	Secondary	4	4.6%
	Tertiary	78	89.7%
	Others	2	2.3%
	Non-response	3	3.4%
	<b>Total</b>	<b>87</b>	<b>100.00</b>
Number of years served	Less than 1 year	9	10.2%
	1-3 years	3	3.4%
	3-5 years	28	32.2%
	Above 5 years	43	49.4%
	Non-Response	4	4.6%
	<b>Total</b>	<b>83</b>	<b>100.00</b>

**Source: Field Survey, 2016**

This implies that in Ghana, staff of the security services such as Police, Prisons, Immigration, as well as personnel of Ministry of Gender, Children and Social Protection, psychologists, counsellors, officials of the Judicial Service of Ghana, Art Therapists, etc. have a minimum of secondary education with the majority even having tertiary education. Lastly, concerning the number of years the officials have worked in their respective institutions and positions, the responses indicated that majority of them had been at their post for more than 5 years representing 49.4% of responses.

This was followed by the next 32.2% who had been at post for 3-5 years. This implies that the officials from the security services as well as the Ministry of Gender, Children and Social Protection, psychologists, counsellors, officials of the Judicial Service of Ghana, Art Therapists, etc. are conversant with human trafficking issues in their respective domain and as such their responses could be considered valid and reliable for future use. In all, it could also be inferred that demographic information of respondents are relevant to have a basic understanding of the research concepts; human trafficking, trauma and Art Therapy and as such findings for this study are valid and reliable for future studies.

Additionally, 96 respondents were interviewed beside the questionnaire, to collect their views on human trafficking and the use of Art therapy to mitigate trauma suffered by human trafficking victims. The respondents consisted of 20 officials of the Criminal Justice System of Ghana representing 21% (Police, Prison, Immigration), 47 prostitutes from selected communities of prostitutes in Kumasi representing 49%. Further, 25 rescued victims of human trafficking representing 26%, 2 officials from the Ministry of Gender, Children and Social Protection representing 2%, as well as 2 Psychologists representing 2% were interviewed. All these officials have deep knowledge in their respective domain and shed light on the study.

#### **4.5 Outcome of Questionnaire and Interviews**

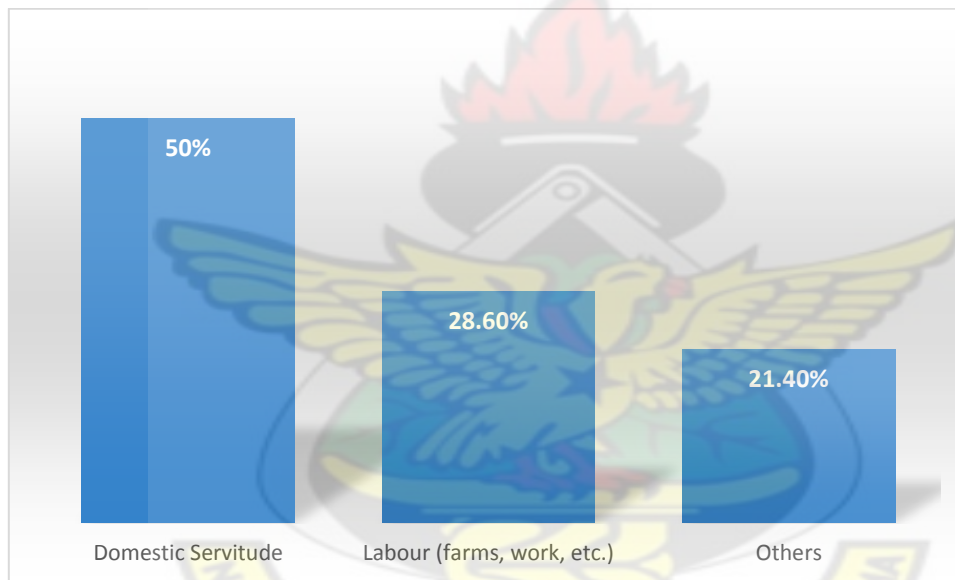
##### **4.5.1 Objective One**

The first objective of the study was to describe the causes and types of human trafficking in Ghana. In order to achieve this, questionnaires were designed to solicit the view of both victims of human trafficking and officials who handle human trafficking issues to know

their different perspectives of the various types of human trafficking and the causes in Ghana. These have been presented and discussed duly in this sub-section of this chapter.

#### 4.5.1.1 Types of Human Trafficking in Kumasi

First of all, the rescued victims of human trafficking were asked about the types of human trafficking activities which they were forced to indulge in. Their responses to this effect are presented in Figure 4.1



**Figure 4.1: Types of Human Trafficking in Ghana**

**Source: Field Survey, 2016**

It could be adduced from Figure 4.1 that the victims indicated that the main human trafficking types they were indulged in was domestic servitude represented 50% of their responses. This was followed by farm labourer work which represented 28.6% of responses. Further responses of Others which include sex trade, shop errand runner which

represented (21.4% of responses). This implied that in Ghana, the predominant type of human trafficking is domestic servitude.

#### **4.5.1.2 Sex Trade**

#### **4.5.1.3 Kumasi Adum Prostitute Community**

In relation to sex trade the Chief Pimp (CP) of Adum Prostitute Community (APC) in Kumasi was interviewed and he volunteered the information that he held his position as the CP for the past 22 years and he also doubled as their leader and “father”. According to him he superintended the heterogeneous prostitute formation drawn from Nigeria, Liberia, Côte d’Ivoire including Ghanaians who were brought to work for their Madams on “work and pay” basis and expressed that the Adum Prostitute Community has 110 rooms for their membership though some others were transit prostitutes. He however, lamented on deliberate act of condom-tearing by some notorious male clients as well as theft perpetrated by some males who beat and steal money from the sex service provider; for which reason their formation created a welfare group called Unity Club to provide security and other related welfare issues for their members which also included other pimps who were the boyfriends of most of the unmarried prostitutes. Interestingly, he expressed that all the prostitutes apart from their nationality, have changed their names to conceal their original identity. This concealment confirmed the position of (Aba-Afari, 2011) who expressed that “names play important roles in the lives ... therefore, individual members ... protect the name and identity of their families, (p.1).

The researcher interviewed 9 prostitutes from Adum prostitute community representing 19% out of the total of 47 respondents interviewed from the general prostitutes’

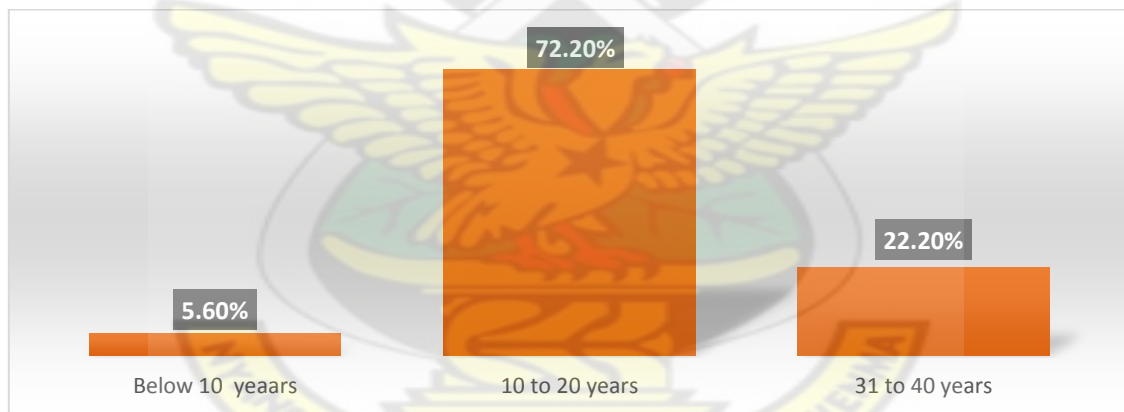
community in Kumasi. Out of the 9 prostitutes, 6 were Nigerians and the remaining 3 were Ghanaians. The Nigerians mentioned that they had no jobs in their country, so they were respectively introduced by a family member to a woman who was also a Nigerian business woman in Ghana; who assured them to provide good paying jobs for them and thereon, brought them to Ghana. However, in Ghana and precisely, Kumasi “I don become ashawo as madam don collect my blood with blade and make me swear vudu with my blood, na so I turn ashawo de work for am two years and I ana pay GHC 35,000.00 finish so I dey look for my own moni go for Niger” (S. Victim, Personal Communications, August 31, 2015).

MM one of the Ghanaian prostitutes in her mid-40s informed the researcher that she did love her husband who had three children with her but dumped her for another woman; so 19 years ago she relocated to Adum to practice prostitution to care for herself and her children but has one of the pimps as her boyfriend and they live together. When the researcher posed the question as to where they live? Her response was “my room here at Adum. I close by midnight wash down and he comes in to sleep and we live just like any couple”. Does he not complain about your association with men the researcher asked? “He knows that my work is prostitution yet he loves me therefore, he is very comfortable because I serve and respect him as a woman”. The above is indicative of the fact that some prostitutes from the Adum formation are free and professional prostitutes who make livelihood out of prostitution. Others were trafficked but have paid their dues to the Madams and are free to operate on their own whereas, clandestinely, others are trafficked and are still working for their Madams. Additionally, some prostitutes from the Adum Community admitted that they went into sex trade because they were financially constrained due to poverty so their friends and relatives who became their “madams”

brought them to do work and pay. Though, they have paid off their charges they are still doing the job as their means of livelihood.

#### 4.5.1.4 Ages When Victims Were Trafficked

When respondents were asked how old they were when they were trafficked, their responses to that effect can be seen in Figure 4.2. It could be seen that the victims of human trafficking in Ghana were between 10 and 20 years representing 72.2% of respondents. Others too indicated that they were trafficked when they were fully grown between the ages of 31 and 40 years representing 22.2% of responses. Sadly, 5.60% also indicated that they were below 10 years when they were trafficked.



**Figure 4.2: Ages Human Trafficking Victims were trafficked**

**Source: Field Survey, 2016**

An interview conducted with a respondent who was between 10-20 years revealed that “*I was 14yrs but because of poverty my parents took me out of school and sent me to work with a certain woman in Kumasi to earn money for my brothers’ school fees at the north but the woman maltreated me* (V. victim, Personal communication, June 9’ 2015). Another

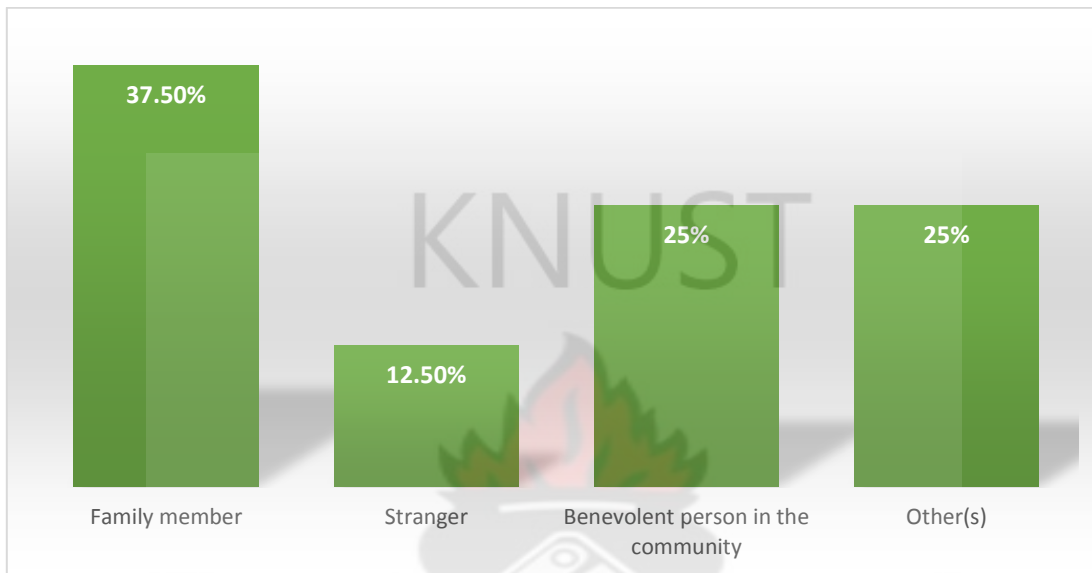
15years old respondent also mentioned in an interview granted the researcher that her father brought her to stay with an uncle at Techiman to work so as to send the income gained to him at the north for the upkeep of her siblings, but her uncle was cruel, and stabbed her so she had to run away until rescued (R.Y. Victim, Personal communications, May 12, 2015). In another interview, a 12 years old respondent lamented how her Madam came to trade in their village in the north of Ghana and brought her to educate her in Kumasi when she was just 8 years old. But she was never taken to school rather; she became a dish washer in a Chop bar. She recounted that she was maltreated and beaten for the four years she spent with her as a slave until she was rescued.

The deduction made was that some young girls below 10 years and between the ages of 10-20yrs are predominantly trafficked to urban areas for exploitation and the income gained remitted to parents for the payment of bills as well as educating the siblings of the victims. Further, victims of such age were easy to be controlled based on their naivety and the fear of their exploiters harming their parents should they escape. The research has also established that before trafficking took off, people benefitting directly or indirectly would have through diverse means lured victims by presenting scenarios that presented prospects of hope and success, but in reality, such aspiration was non-existent.

#### **4.5.1.5 People Who Lured Victims to be Trafficked**

The victims of human trafficking were asked who lured them into the act and there were varied responses which ranged from family members, friends, media, and strangers. The responses mostly indicated that the victims were lured by their family members (37.5% of

responses), then some benevolent persons (25%) as well as others also contributing about 25% of responses. The results to this are presented in Figure 4.3



**Figure 4.3: Persons Who lured the Victims to be Trafficked**

**Source: Field Survey, 2016**

The information adduced from interviews held with 25 rescued victims of human trafficking representing 26% of the total 96 respondents interviewed indicated that they were mostly lured into human trafficking by their family members especially their parents who pushed them to the southern part of Ghana to be exploited for the upkeep of their elder/younger siblings. Others also explained that, traders from the south who transacted business at the north and were perceived to be benevolent people of good standing also trafficked some young women and children to the south with the intention of sending them to school or learning a trade such as sewing or hair dressing in the city, only for them to end up as maids, dishwashers at “chop bars” or selling iced water for them. This discovery ultimately gave credence to the 25% trafficked by benevolent persons.

Typical example to this benevolent syndicate, was revealed by a victim the researcher called K a foreigner who was rescued together with her toddler mentioned to the researcher after going through sessions of Art Therapy that; she was raped by her father and this incest resulted into pregnancy and since her father was already divorced with the mother before the incident, her father sternly warned her never to mention his name else he will kill her. She continued that, after her delivery, she escaped from his father to her friend in another town for safety. The friend introduced her to another woman who promised to assist her with a good paying job so she could care for herself and the child if she was willing to come to Ghana with her and subsequently, the benevolent woman provided her with adequate money for temporary shelter and brought her to Kumasi in Ghana. Unfortunately, she was forced into prostitution by her benefactress the very day she arrived in Kumasi; but she escaped through the assistance of some good people to an NGO for assistance. The above information epitomised the outcome of 25% responses that benevolent persons engaged in human trafficking in Ghana.

Nonetheless, from the northern part of Ghana, the research identified that some victims run away themselves to the south to seek greener pasture due to acute low rainfall pattern heightened with low standard of life, hunger and peer group pressure accounted for the 25% as well.

This was expressed in the interview granted the researcher by 15 prostitutes at the Vienna-City Prostitute Community (VCPC) representing 32% of the 47 interviewed from the general Prostitute Communities in Kumasi. Some of the respondents revealed that they escaped from the hard condition of living back in their respective towns in Ghana to seek greener pastures in Kumasi but fell into wrong hands who exploited them sexually for

money since they did not have the means to rent accommodation let alone support themselves. Eventually, F F one of the respondent mentioned, “I took solace in hawking at Vienna-City area to survive”. AA also lamented that “Life was hard for me and my parents, and my boyfriend whom I had a child with was poor and very jealous so I relocated to Kumasi to “hawk” for cash to dress my body and child”. When questioned about her health? “I used condoms before sex” she responded. Do you work for someone? She stated that, “I have a madam who provided accommodation, and protection for me so every day, I pay GHC20.00 to her”. Finally, she was asked, how many days she worked in a week? “I work 7 days even when I see blood I come”.

Three respondents out of the fifteen also mentioned that, they were financially, constrained in Nigeria their home country and could not continue their education but realised that the Nigerian young women who returned from Ghana were looking “funky” so they decided to come to Ghana on their own to find money but ended up as prostitutes because, they got handicapped and life became harder for them for which they were introduced to a Madam who took their blood for vudu rituals and they took oath of allegiance to work and pay GHC 12.000.00 each to her because she provides protection and accommodation for them. According to one whom the researcher will call Cash said “I be Christian yet I be ashawo every Sunday morning I go for church to pray and give my offering to pastor but in the evening I don continue my ashawo business, na wa for me o”. These findings largely gave credibility to the 25% representing the other factors luring victims into human trafficking as indicated in Figure 4.3

#### 4.5.1.6 Areas Prone to Human Trafficking in Ghana

Then again, respondents were asked about the part of Ghana from which they were trafficked from. The areas in Ghana were divided into three namely Northern Belt, Middle Belt and Southern Belt. Their responses which were to show their extent of agreement are displayed in Table 4.3.

**Table 4.3: Areas Prone to Human Trafficking in Ghana**

Statistics				
Responses	Northern Ghana (Northern, Upper East and West Regions)	Middle Belt (Brong Ahafo, Ashanti, Eastern and Volta Regions)	Southern Ghana (Western, Central and Greater Accra regions)	TOTAL
Strongly Agree	10 (33.3%)	2 (50.0%)	4 (100.0%)	16 (42.1%)
Agree	20 (66.7%)	2 (50.0%)	0 (100.0%)	22 (57.9%)
<b>Total</b>	<b>30</b> <b>(78.9%)</b>	<b>4</b> <b>(10.5%)</b>	<b>4</b> <b>(10.5%)</b>	<b>38</b> <b>(100.0%)</b>

**Source: Field Survey, 2016**

Deductions from Table 4.3 revealed that most of the victims of human trafficking were trafficked from Northern Ghana with about 30 (78.9%) victims (respondents) indicating so. However, a few were from the middle belt and Southern Ghana, representing 10.5% of responses respectively. The above finding was confirmed by a respondent who stated in an interview that “my father used to beat and insult me and due to poverty he sent me to Kumasi from the north of Ghana to work and raise money for the upkeep of my siblings (J. Victim, Personal Commutations, February 12, 2015).

#### 4.5.1.7 Major Causes of Human Trafficking in Ghana

When they were asked about the main causes of human trafficking for which they were victims, a 7-point Likert Scale was used to indicate their level of agreement to some factors. Their responses to this have been summarized in Table 4.4

**Table 4.4: Major Causes of Human Trafficking in Ghana**

Cause	Description	Descriptive Statistics				
		N	Mini mum	Maxi mum	Mean	Std. Deviation
Cause1	Death of parents	38	1.00	7.00	2.2632	2.17708
Cause2	Poverty	38	1.00	7.00	6.0526	1.81506
Cause3	Rejection by family (probably after pregnancy)	38	1.00	7.00	1.4211	1.40716
Cause4	For change in environment	38	1.00	7.00	1.8947	1.88579
Cause5	Conflict situations	38	1.00	7.00	2.0000	2.10533
Cause 6	Forced Marriages	38	1.00	7.00	1.3158	1.35777
Cause 7	Religious issues	38	1.00	7.00	5.4211	1.24405
Cause 8	Gender roles	38	1.00	7.00	5.8421	.94515
Cause 9	Abusive parents	38	1.00	7.00	5.2632	1.38884
Cause 10	Low education	38	1.00	7.00	3.5263	2.53342
Cause 11	Naivety	38	1.00	7.00	1.5789	1.58765
Cause 12	Lack of Shelter	38	1.00	6.00	1.8421	1.71679

*Variables: 1 = Strongly Disagree      4 = Strongly Agree      7 = Strongly Agree*

**Source: Field Survey, 2016**

Table 4.4 indicates the responses to the level of agreements of the rescued victims of human trafficking to the major causes for which they have been trafficked. With a 7-point scale measuring the Causes of Human Trafficking, mean responses of 4.0 indicates neutral implying that the respondent neither agrees nor disagrees that the factor is a cause of human trafficking. Mean responses of less than 4.0 implies that the respondents disagree that the factor is a cause of human trafficking, whereas a mean response of more than 4.0 implies that the respondents agree the factor is a cause of human trafficking.

From Table 4.4, the highest mean response was obtained from the second cause which is “Poverty” with mean response of 6.0526 and Standard Deviation of 1.81506. This implies that poverty is the main cause of human trafficking in Ghana. Among the 96 respondents interviewed about the causes of human trafficking in Ghana, 79 respondents representing (82.2%) mentioned economic factors as the major cause to human trafficking.

#### **4.5.1.8 Vienna-City Prostitute Community**

Through an intensive mediation and lobbying through the Chief Pimp, the researcher had the opportunity to interview 15 respondents from the Vienna-City representing 32% of the 47 respondents from the general community of sex workers in Kumasi. The outcome of the interview revealed varied responses which had poverty as the main determinant to their current position as prostitutes. A 33yrs old respondent, who the researcher will name as Olivia mentioned prostitution as her profession, and told the researcher that, *“I have 5 children but I lost my husband in 2007 and life became difficult for me and my children. I tried trading but always got indebted so a female friend who usually, gives me money introduced me into prostitution 8yrs ago and now I am able to care for my children who are in school”*. She continued that *“I get 4-5 customers for short time which I charge either GHC30.00 or GHC 40.00 but I charge GHC 100.00 for full night but if business is bad I accept GHC70.00. I tried to marry initially but because of my five children all my suitors went away from me. You see, poverty has made me a prostitute”* she lamented!

Another respondent 20 years old UU told the researcher that *“I gave birth in Sunyani and when things were difficult because of poverty; my sister brought me to Kumasi and*

*introduced me into prostitution. Each night I get between GHC 80.00 to GHC100.00 and because of my child I do only short time and during the day I sell used dresses with my sister, I want to stop".* In another development, CC 25yrs told the researcher that she dropped out of school because in 2003 her parents could not pay her fees. She took a boyfriend who became an armed robber with whom she had 3 children but police arrested him and he was jailed. Due to his absence, life became difficult so a friend introduced her to prostitution. *"I sleep with 5-8 men and I get between GHC 500.00 and GHC 600.00 a night though my little child is one and half year and still breast feeding. Help me to stop".* Additionally, 31years old OA who showed pride in her Presbyterian background recounted how she got into prostitution and stated, *"I use to sell foss but in 2013 I got into prostitution because I could not support my two children with my earning so I left my children with my relatives, checked into a hotel to practice sex trade. I sleep with 7-9 men a day and charge GHC 50.00 per session. For me trading is difficult but prostitution is better for me. I need help to stop because am a Presbyterian".*

Beside the above findings, a 36years GG informed the researcher that, *"I got into prostitution four years ago and I charge GHC 40.00 or GHC 20.00 for short time and GHC 100.00 for full night sleep. I take my customers to the nearest bush, or stoop beside their cars, at times inside their cars or behind a fence wall for short time sex. But I go to hotels with them or their houses when I get full time and I use the GHC 100.00 or more I get each night to care for my children. In fact, poverty has changed my destiny, help me stop".*

The researcher interviewed Mr. Christian Ayesu Insaideo the Chief executive officer (CEO) of OM Ghana an NGO that rescues human trafficking victims in Ghana, about causes of human trafficking in the country and he volunteered the information that, his NGO is involved in prevention, rescue, and rehabilitation of human traffic victims and also provide advocacy for child victims of human trafficking. He mentioned that OM creates awareness in churches, conferences, schools and sensitizes them about human trafficking and how it could be prevented. Mr. Insaideo explained to the researcher that, the offence strived mostly in mining areas and most of the victims OM rescued were from the Northern Region of Ghana where poverty is very prevalent (C.A. Insaideo, Personal Communications, April 28, 2016). This has given validity to the stand of respondents that poverty is the major cause of human trafficking in Ghana. Also, the least mean response was obtained from the Cause 6 which is “*Forced Marriage*” which had mean response of 1.3158 and standard deviation of 1.35777. This implies the victims were saying that forced marriages are the least cause of human trafficking in Ghana. However, other factors which were deemed causes of human trafficking included “Gender roles”, “Abusive parents” and “Low education” with mean and standard deviations of  $M=5.4211$  ( $SD=1.24405$ ),  $M=5.8421$  ( $SD=.94515$ ) and  $M=5.2632$  ( $SD=1.38884$ ) respectively. Apart from these, all other causes highlighted had mean responses which were less than 4.0 implying they are not causes of human trafficking in Ghana.

#### **4.5.1.9 Child Prostitutes at Kejetia and Asafo Communities**

The researcher extended her enquiries to Kejetia and Asafo and through the assistance of some “insiders” 23 prostitutes were interviewed which represented 49% of the general

prostitute community interviewed on 29<sup>th</sup> April, 2016. Twenty-one out of the twenty-three aged between 13-17 representing 91.3% of that population and the remaining two aged 18yrs representing 8.7%. This research revealed that, due to the on-going construction work at Kejetia lorry terminal, dominant membership and patronage shifted to Kumasi Railways station and Asafo Market, Asafo Neoplan and “BB Spot”. According to the respondents, their clients consisted of all class of men but the regular ones are mostly drivers’ mates, and some Chinese. For protection of this population being mostly children, the researcher for ethical reasons omitted their names.

*“My name is... and I am 16yrs old. From Sehwi. I was introduced to prostitution 3yrs ago by my friend and I work for my madam. I sleep with 10 men in a day and if business was down at least 4 men. I charge GHC15.00 or GHC10.00 per a man depending on the style. When I bend-down, GHC15.00 but when I lay flat GHC10.00. I was formally going raw but now I do not go raw again I use condom. I do have pains in my vagina and body pains because some of the men have big and long penis. Some men refuse to pay after sex. I send my customers to BB hotel. Help me to stop”*. She recounted. In another interview granted the researcher, uncovered that, *“I am 14yrs from Drobo. I ran away to Kumasi because my parents were divorced and my siblings and I were sent to Sehwi but my mother maltreated me. My friend introduced me to prostitution so I can get money to feed myself. I sleep with 5 or 7 men in a day and I charge GHC 40.00, GHC20.00 or GHC15.00. I usually collect the GHC40.00 from the Chinese men. I do not use condoms all the time because some men like it raw. I do not fear men but the only regret I have was when two men took me to the*

*bush and raped me and also beat me severely. My customers either take me to BB hotel or we do it behind a kiosk or container”.*

Rosga (2010) suggested that women and girls fleeing armed conflict suffer insecure conditions that make them more vulnerable to sexual harassment, assault and psychological abuse. From what the respondents said, it could be adduced that, it is not only armed conflict but, unfavourable home conditions such as maltreatment of girls, insufficient provision of nutritional requirement and abusive parents as were indicated above have the propensity to throw out girls and women from their respective homes to suffer sexual abuse and psychological abuse due to their vulnerability.

#### **4.5.1.10 Discussion of Findings on Objective One**

#### **4.5.1.11 Causes of Human Trafficking in Ghana**

From the analysis of findings presented on the first objective of the study, which was to describe the causes and types of human trafficking in Ghana. The study revealed that the offence of human trafficking exists in Ghana and the most affected victims are between the ages of 10-20 representing 83.2% with at most, a basic education background (84.2%) and mostly single (94.7%). This outcome posed a huge challenge to the socio-political development of Ghana as children and youth who were supposed to be in school or learning a trade to equip them for a good future were rather denied and pushed into exploitation accompanied by a lot of suffering.

Interestingly, out of the 38 rescued victims studied 30 which representing 78.9% were Christians whereas, eight (21.1%) were Muslims. Though, the research revealed that the Northern-Belt which consisted of the Northern Region, the Upper West and Upper East Regions were the most prone or vulnerable to human trafficking in Ghana as 78.9% of the population studied came from there. Even though, 10.5% represented the Middle-Belt that is Brong Ahafo, Ashanti, Eastern Regions as well as the Volta Region; the South of Ghana thus, the Western, Central and Greater Accra Regions of Ghana also had 10.5% representation.

The study revealed that 21.1% of the total population of rescued human trafficked victims studied were Muslims as compared to the 78.9% who were Christians. This finding can be attributed to the Muslim communal based structure of living where the community members extended support to the vulnerable and the elderly. Community leaders show interest in the welfare of their community members. As expressed in the Okukuseku Theory and (Aba-Afari, 2011) that the head of family has influence and control either directly or indirectly over the members, and promoted their welfare.

The research has again established that family members representing 37.50% were those who mostly lured victims into human trafficking for exploitation for which they received the income for their personal use. Perceived benevolent individuals also trafficked 25% of the population. This is an indication that, in Ghana some traders from the South to the North who were observed to be charitable, under false pretences, deceived and used most family members for trafficking victims as young as below 10 years which representing 5.60% to the south for exploitation though they promised them quality education. This

means that a lot of children of the above age range are exploited in Ghana as maids and dish washers at chop-bars or they baby-sit their madams' babies. Additionally, victims between the ages of 10-20 representing 72.20% are the most useful population for the traffickers because they are energetic but easy to be controlled by intimidation and imposition of fear upon them. Further, observation made was that, 12.50% of strangers were also responsible for trafficking victims who showed interest in travelling to the south for greener pasture. In their bid to help them, they rather exploit their vulnerability and sell them out to individuals who needed cheap labour for their work. Unfortunately, the income never came to them directly, but through the Stranger Madam. Adult victims represent 22.20% and between 31- 40 years. This population which were trafficked to the south under the pretext of providing already existing jobs for them, so as to escape the hard condition of life and acquire money to provide life necessities for their children and the extended families only end up for exploitation. For the reason that they have no means of travelling back home, they endured the devastation meted out to them. Some other victims of this group which represented 25% the research revealed were forced into prostitution as a result of their vulnerability in terms of their inability to provide descent shelter and other life necessities for themselves. For this reason, their madams forced them into prostitution and quote substantial amount as money spent on them for which they did sex trade and acquired fast money and paid off to regain their freedom and others are yet to complete payment. Nonetheless, the study has also established that others also came voluntarily to engage in sex trade as they found it to be lucrative and comfortable job. Few who had marital challenges took refuge in Adum brothel to raise enough income for their upkeep and that of their children. That notwithstanding, the above factors identified, this study did

reveal poverty as the major cause of human trafficking in Ghana followed by gender roles, religious issues and abusive parents.

#### **4.5.1.12 Poverty**

Poverty has been identified as the major cause that facilitates the growth of the crime of human trafficking in Ghana. Family members of victims; rather lure them and push them into the hands of traffickers who presented themselves as benevolent persons with the intention of assisting these vulnerable victims in the urban areas for them to earn a living for the overall good of victims' family. Unfortunately, these victims were deceived and exploited through various dehumanized ways. Most affected areas prone to human trafficking were the Northern Region, Upper East and Upper West Regions of Ghana. This was premised on the fact that 78.9% of the population of rescued human trafficked victims studied came from the three northern regions of Ghana. It was also identified that their vulnerability to human trafficking was poverty related.

#### **4.5.1.13 Religious Issues**

Religion has played dominant role in shaping the life and conduct of many in Ghana. However, stringent observation of religious rituals which parents forced on their children has been identified as another cause of human trafficking in Ghana. The electronic media has exposed most people in Ghana to a wide range of religious activities in the world in view of freedom of choice in worship and this has caused adulteration in the routine religious worship of any sort. Therefore, the rigid enforcement of these observances with

least moderation was seen to have contributed to the vulnerability stage of these victims that enhanced trafficking.

#### **4.5.1.14 Gender Roles**

The study has revealed that, in Ghana most family prefer their male children to have formal education and the female child retained at home to perform chores. Most girls were trained to do domestic chores to assist their parents in home management. Most families withdraw their daughters from school to help parents to farm and market the farm produce and the proceed used to provide for the boys to continue with their formal education. The gender roles parents assign to both female and male children in the home differ. This finding is identified to be another factor which has made it easier for young girls to be trafficked from their communities to the urban centres for exploitation.

#### **4.5.1.15 Abusive Parents**

The role parents play in the life of their children go a long way to affect them either positively or negatively, for which reason effective parenting cannot be overemphasizing. Out of the 23 child prostitutes interviewed 21 representing 91.3% indicated that they left their respective homes to Kumasi due to the harsh treatment meted out to them for which they could no longer withstand such maltreatment and the only option they thought wise was to ran away from their parents. The account of a 16yrs old respondent in an interview revealed that my name is ... I am 16yrs old and I ran away from home to Kumasi because my step-mother was beating me always but my father never said anything". Another pathetic revelation came from a rescued victim of human trafficking who recounted that,

“my father is very wicked he beat my mother and me anytime he was drunk. One day, he was beating my mother again so I went to stop him but he took a machete to hurt me so I ran away from home...” It was unfortunate that some parents could maltreat their children just to satisfy their ego without considering the repercussion of their actions towards their children.

#### **4.5.1.16 Types of Human Trafficking in Ghana**

Though human trafficking has assumed varied perspective and multifunctional (Bastian, 2005) mentioned illegal international adoptions and organ transplant as well as cheap labour for agriculture and domestic servitude as types of human trafficking. However, this study has established that though the offence strives in Ghana, the types identified are domestic servitude which represented 50% of the victim population studied. Victims of this population found themselves as maids, baby-sitters, cooks and many more. Labour was also identified as another type of human trafficking practiced in Ghana and this group held 28.60% of the victims studied. The study revealed that, this population were used as farm hands (labourers), dish washers, cooks in chop bars, cleaners, ice-water sellers, carting of goods for their Madams. Some were also used for hawking goods that belong to their Madams. Lamentation of (Elias, 2008) was that vulnerable young women and children are sold as commodities for exploitation either as labourers, domestic slaves, farm hands to ready buyers far away from their homes and families was a reality; as recounted by a 17years old respondent. “My madam is a wakye seller so I have to assist her prepare the stew and I sleep always after midnight. I wake up at 0300hrs to set fire and prepare the food for the day’s sales while madam and her family were asleep. I carry this heavy wakye

to sell with her by the street. I also wash the plates but she never paid me, she only gave me food twice a day”. Rosga (2010) asserted that human traffickers exploited human beings for revenue and victims used for cheap labour has relevance to this study. To a large extent, this exploitation strengthened the stand of (Hoque, 2010) who suggested the phenomenon was a major contemporary challenge to any humanity. Considering the high numbers of young girls affected in this exploitation.

Finally, the research identified 21.40% to represent other types of human trafficking in Ghana and in view of sex trade or prostitution, and this finding gave credibility (Rosga, 2010) that Trafficked victims are exploited for revenue by means of prostitution for which (Hoque, 2010) identified this criminal gangs to maximize the vulnerability of these young victims and mostly, pushed them into prostitution sometimes in their own country or elsewhere.

#### **4.6. Objective Two**

##### **4.6.1 Existing Politico-Social Interventions and Their Effectiveness in Dealing with the Trauma Associated with Human Trafficking**

The second objective of the study was to examine existing politico-social interventions and their effectiveness in dealing with the trauma associated with human trafficking. To achieve this objective questionnaire were designed for the respondents to answer. Interviews were also conducted, and relevant documents reviewed in relation to this objective and the outcomes have been discussed in this sub-section.

#### 4.6.2 General Effects of Human Trafficking on Victims

It was necessary to determine the effects of human trafficking on victims. Hence, a set of questions were posed to the respondents who are rescued victims from human trafficking. Some possible effects were posed to them for them to express their level of agreement. These have been presented in Table 4.5

**Table 4.5: General Effects of Human Trafficking on victims**

General Effects	N	Mini mum	Maxi mum	Mean	Std. Deviation
Sexual abuse/exploitation.	36	1.00	7.00	1.6667	1.91237
Traumatic effects	36	1.00	7.00	4.1667	2.95200
Health risks/hazards	36	1.00	7.00	2.5556	2.46628
Physical violence	38	1.00	7.00	2.7895	2.45123
Psychological manipulations	36	1.00	7.00	3.0000	2.59670
Mental disorder	36	1.00	7.00	3.0556	2.65055

*Variables: 1 = Strongly Disagree      4 = Strongly Agree      7 = Strongly Agree*

**Source: Field Survey, 2016**

From the results in Table 4.5, it could be adduced that the rescued victims of human trafficking had various levels of effects of the human trafficking as all responses for each effect ranged from strongly disagree to strongly agree. However, with the mean responses generated, the most prominent effect among all was the traumatic effects as that only had mean response of more than 4.0 implying towards general agreement. This means that all human trafficking victims experience traumatic effects.

### 4.6.3 Traumatic Effects of Human Trafficking on Victims

Therefore, it was necessary to determine the actual traumatic effects that the victims faced in the cause of the human trafficking and even when they were rescued. They were posed with some traumatic effects to determine their level of agreements. Table 4.6 shows the victims level of agreement to these assertions.

**Table 4.6: Traumatic Effects of Human Trafficking on victims**

Traumatic Effects	N	Mini mum	Maxi mum	Mean	Std. Deviation
Injured body as a result of physical violence.	38	4.00	7.00	4.9211	1.17131
Fear of strangers.	38	1.00	7.00	5.5000	1.46583
Social stigmatization.	38	4.00	7.00	4.7368	1.08264
Health hazards.	38	1.00	7.00	4.6316	2.08497
Mental disorder	38	1.00	6.00	4.2105	1.57956
Persistent crime.	38	4.00	7.00	4.4211	.88932
Low self-esteem	38	4.00	7.00	5.0789	1.34328

*Variables: 1 = Strongly Disagree      4 = Strongly Agree      7 = Strongly Agree*

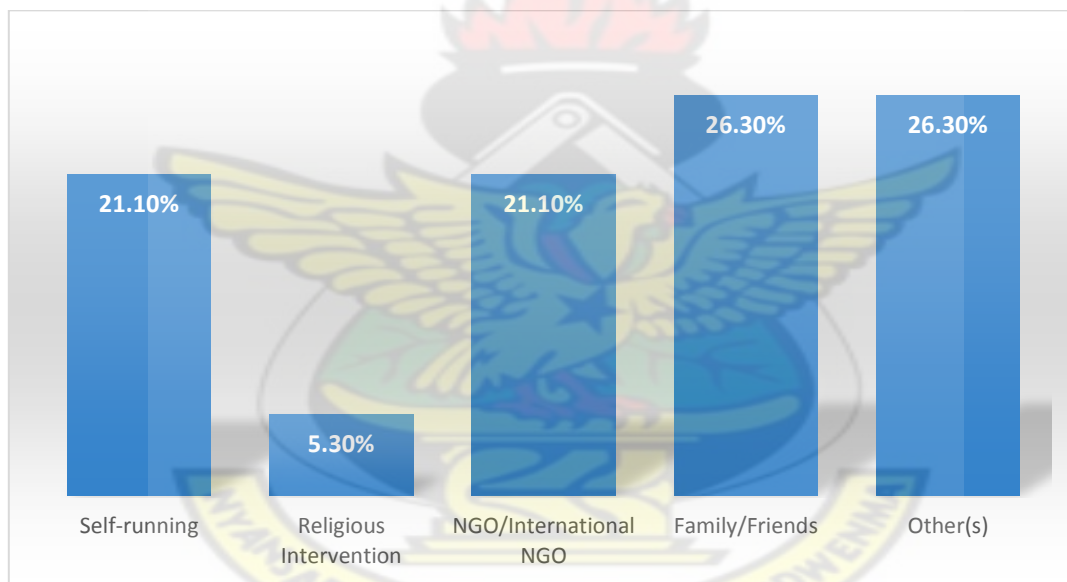
**Source: Field Survey, 2016**

It is revealed from Table 4.6 that the respondents agreed to all the items used to measure traumatic effects of human trafficking as all the mean values were more than 4.0, which is the mid-point. However, the most obvious traumatic effect seen was fear of strangers and low self-esteem as they had mean values of 5.50 and 5.08 as well as standard deviations of 1.46583 and 1.34328 respectively. However, the other traumatic effects such as injured body as a result of physical violence, social stigmatization, health hazards, mental disorder and persistent crime were also obvious. Again, when the rescued victims were asked about

the traumatic effects, further revelations included the victims feeling state of shock, loss of appetite, sleeplessness, fear, fear of death, fear of darkness, screaming, withdrawal, aggressiveness and sometimes timidity.

#### 4.6.4 Human Trafficked Victims Means of Escape

Hence, it was necessary to determine how these victims were rescued from these human trafficking practices. However, there were different responses and Figure 4.4 gives a pictorial descriptive of how the human trafficking victims were rescued.



**Figure 4.4: Human Trafficking Victims' means of rescue**

**Source: Field Survey, 2016**

From Figure 4.4, the means by which victims of human trafficking were rescued are adequately, revealed. From what the rescued victims indicated, most were rescued either through friends/families or other means representing about 26.3% of responses. This was followed by either self-running or by NGO/International NGO intervention and this

represents about 21.1% of responses. Interview with the unit Commander of Ghana Police Anti Human Traffic Unit of the Ashanti Region (AHTU) revealed that; “my unit do rescue victims through intelligence led operations as well as swoops to rescue victims of human trafficking from criminal gangs (R. Minta, Personal Communication, January 12, 2016). Similarly, the efforts of the Ghana Police and the Immigration Service who handle human traffic issues coupled with efforts of good meaning individuals contribute to the 26.3% representing others as indicated in figure 4.4.

#### **4.6.5 Existing Politico-Social Interventions to Deal with Traumatic Effect of Human Trafficking**

A set of questions were posed to the respondents who are rescued victims of human trafficking to identify the mitigating politico-social intervention they have accessed. Respondents were as such asked whether there were some intervening programmes to help them deal with the trauma. The questions were 7-point Likert scale with 1= *Not at all* and 7= *To a great extent*. The results to this have been presented in Table 4.7.

**Table 4.7: Existing Social Intervention to Deal with Traumatic Effect of Human Trafficking**

	N	Minimum	Maximum	Mean	Std. Deviation
There are intervening programmes outlined for victims of human trafficking in Ghana.	38	1.00	7.00	4.6316	2.55132
Intervening programmes outlined for victims of Human trafficking helps to improve behavioural attitudes of victims.	38	1.00	7.00	4.7368	2.60648

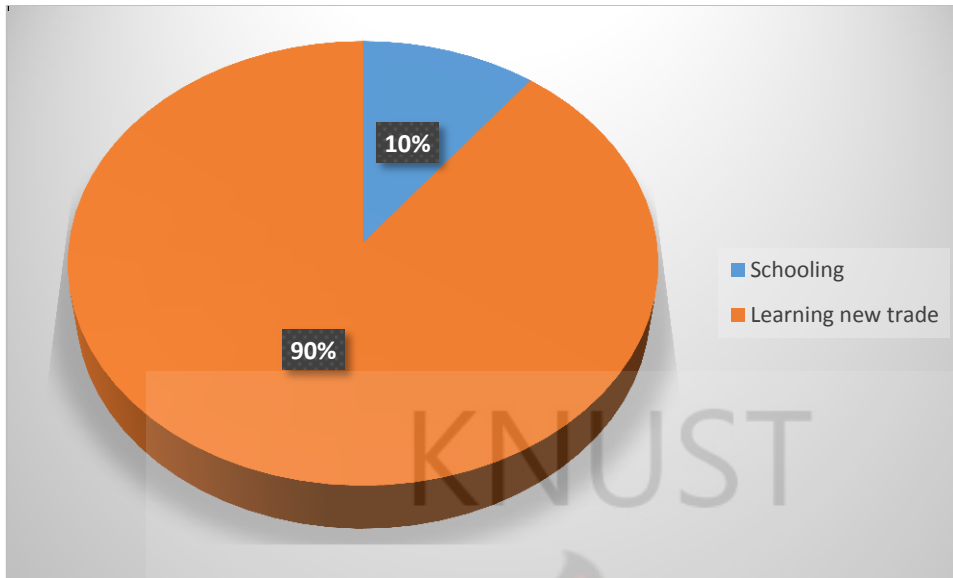
*Variables: 1 = 1= Not at all 4 = Neutral 7 = To a great extent.*

**Source: Field Survey, 2016**

From the responses in Table 4.7, the responses were in the affirmative as the rescued victims indicated that there were existing programmes outlined to help victims of human trafficking in Ghana to overcome the trauma they went through. They also indicated that the intervening programmes outlined for these victims helped to improve behavioural attitudes of victims. This was confirmed from the mean responses which were both more 4.0 leading to a great extent.

#### **4.6.6 Ventures Being Done by Human Trafficking Rescued Victims**

The respondents were further asked about the kind of activities they are indulged in at their new abode/institution to overcome the trauma. Their responses to this was either schooling (10%) or learning a trade (90%) as can be seen in Figure 4.5.



**Figure 4.5: Ventures being done by Human Trafficking rescued victims**

**Source: Field Survey, 2016**

#### **4.6.7 Interventions of the Ghanaian 1992 Constitution**

##### **4.6.7.1 Fundamental Human Rights and Freedoms**

Interview granted by 20 officials of the Criminal Justice System of Ghana which represented about 21% pointed to the Ghanaian Constitution of 1992 and other laws of Ghana as the root of all social intervention for victims of human trafficking in Ghana. The Chapter five of the 1992 Constitution of the Republic of Ghana has enshrined the safety and the fundamental human rights of all people in Ghana.

The fundamental human rights and freedoms enshrined in this chapter shall be respected and upheld by the executive, Legislature and all organs Other organs of government and its agencies and, where applicable to them, By all Natural and legal persons in Ghana, and shall be enforceable

by the courts as provided for in this Constitution, (Article 12 (1) of 1992 Ghanaian Constitution).

From the above, it is adduced that all human being within the territories of Ghana are protected to enjoy human rights and freedoms associated with human beings. This provision has negated every effort by criminal gangs to limit and deny victims of human trafficking in Ghana their inalienable human rights and freedoms; thereby, rendering the act of human trafficking an illegality and in consonance with the position of the UN on this menace of human trafficking as captured in the literature reviewed on the United Nations Protocol to Prevent, Suppress and Punish Trafficking in Persons (Kanics, 2008).

#### **4.6.7.2 Protection of Right to Life**

Human life is delicate and important resource to a nation. For this reason, strenuous efforts have been advanced to protect same as required by law. “No person shall be deprived of his life intentionally except in the exercise of the execution of a sentence of a court in respect of a criminal offence under the laws of Ghana of which he has been convicted” (Article 13(1) of 1992 Constitution).

The above provision revealed that, no one has the right to kill another except that; the person has been convicted by a court of competent jurisdiction in Ghana. This defined the legal parameters that ensure the safety of all human beings including human trafficking victims of their legal protection of life. This is an intervention that resist every clandestine attempt to kill victims as explained in the reviewed literature, (Rosga, 2010) confirmed that

Trafficking exploit victims for revenue by using them ... as sources for internal organs harvest. In addition to killing of human trafficking victims, the US Bureau of Public Affairs Report (2004) on this subject indicated that, trafficking in persons poses a multi-dimensional threat to victims as it deprives them of their human rights and freedoms. It devastates victims causing them to suffer from physical and emotional abuses premised on rape, threat of harm to victims and their families. At some instances, the report mentioned victims suffer death.

#### **4.6.7.3 Protection of Personal Liberty**

Skelton (2000) as cited by (Taylor, 2002) expressed the view that human trafficking has obtained the mantle of a latter day slave trade and criminal syndicate control victims as captives through coercion, deception and violence leading to dramatic abuse of the human rights of the victims. This barbaric situation of these victims has been mitigated by another constitutional provision that says: “Every person shall be entitled to his personal liberty and no person shall be deprived of his personal liberty except in... accordance with procedure permitted by law” (Article 14(1) of 1992, Constitution of Ghana).

The provision adequately upheld the personal liberties of all human being and victims of human trafficking were no exception. Premised on the above, it is adduced that denying victims of their personal liberties through force and intimidation coupled with threat and psychological manipulation by traffickers in human beings are conspicuously, against the law.

#### **4.6.7.4 Respect for Human Dignity**

According to the Demand Theory of human trafficking (Coy, Horvath & Kelly, 2007) and (Macleod, et al 2008) expounded that users of prostitutes (victims of sexual exploitation) held the perception of sexual aggression and superior manhood premised on values obtained culturally to dominate women and also avenge women whom they felt disrespected or intimidated them in their past relationships. In contrast, the Ghanaian Constitution has provided an intervention to protect victims from such abuses and the complete erosion and neglect of their human rights through the following provisions.

Article 15: (1) The dignity of all persons shall be inviolable.

(2) No person ... be subjected to:

- torture or other cruel, inhuman or degrading treatment or punishment
- any other condition that detracts or is likely to detract from his dignity and worth as human being.

The research has established that, though the 1992 constitution has enshrined this intervention, in reality the dignity of the trafficked victims was never considered in any way. This was revealed in the interview granted the researcher as they expressed the torture and humiliation they suffered as domestic servants and were abused and not respected as human beings for which they lost their dignity. “I work like a machine in the house but my madam and children always beat me and denied me food and also ridiculed me for being an abawa”, a 17yrs old rescued victim recounted”.

#### **4.6.7.5 Protection from Slavery and Forced Labour**

Human beings are free to select or choose the work they are interested in doing and no one is to force the other to do any activity without his consent as seen in the case of victims of human trafficking who were forced to do jobs they hate to do but are compelled by to do them. For which the Constitutional provision to safe guard this human right has required that:

- (1) No person shall be held in slavery or servitude.
- (2) No person shall be required to perform forced labour.

(Article: 16(1) (2) of 1992 Constitution).

From the discussion presented, it is laudable to say that the Ghanaian Constitution of 1992 has identified the crime of human trafficking as a dehumanized phenomenon capable of destroying the dignity of the human race therefore, provided these requirements to serve as legal intervention to protect victims of this crime. Notwithstanding the above intervention, the study revealed that, criminal gangs forced their victims into forced prostitution and enslaved them by vudu oath they forced them to make with their blood as seal of the oath.

#### **4.6.8 The Human Trafficking Act 694 of 2005/L.I. 2219 of 2015**

Another intervention provided victims of human trafficking in Ghana is the enactment of Human Trafficking Act 694 of 2005 & L.I. 2219 Of 2015 by the Parliament of the Republic of Ghana, to basically, deal with the crime of human trafficking. These laws have put in structures to deal with perpetrators of this crime and that aside; many provisions were provided victims to mitigate their circumstances. Foremost, Act 694 has made human

trafficking an illegality and punishable by law in Ghana, in view to discouraging the commission of the crime.

- A person shall not traffic another person ... or act as an intermediary for the Trafficking of a person (section 2 (1) of Act 694/2005).
- Any Person who contravenes subsection (1) commits an offence and is liable On summary conviction to imprisonment for a term of not less than five years and not more than twenty five years. (Section 2 (2) of Act 694/2005 L.I. 2219 Of 2015).

From the above, it is adduced that the illegality and punishment attached to trafficking in persons rendered it unacceptable in Ghana and the law serve as the legal intervention to protect people in Ghana. However, the research has established that, prosecution of perpetrators of human trafficking has become a challenge.

#### **4.6.8.1 Rescue of Human Trafficking Victims as an Intervention**

The study revealed that for the state to offer assistance to victims of this crime, there was the need to rescue them from the hand of traffickers. For this reason, the law prescribed the following to mitigate the sufferers of this crime.

- An authorised officer shall be responsible for the rescue of a trafficked Person which may be carried out in collaboration with an organisation ...any government agency may rescue a trafficked person (Section 14(1) & (2) of 694/2005).

The deduction made from the above showed the readiness of the state to assist and give support to victims of trafficking by rescuing them from the claws of the criminal gangs for which governmental agencies (Ghana Police, Immigration etc.) and organisations such as

NGOs/INGOs, church organisations and associations are allowed by law to rescue and support these vulnerable victims. An interview with the Police Officer in charge the AHTU of the Ashanti Region however, indicated that the rescue of victims has posed a challenge as criminal gangs control and manipulate them through force, intimidation and threat of killing their family members. According to her, traffickers ensured that victims take oath before vudu effigies to scare them from talking to people outside the net. But the officer assured the researcher that, though the criminals were well connected, they do rescue victims upon intelligence, and also through swoops. The challenge she posited was that, the Social Protection (Social Welfare Department) apart from the Children's Home, have no shelter to accommodate adults so victims rescued are handed over to private homes such as, Touch A Life, Cherub, King Jesus and OM Ghana which are all NGO/INGO.

For elucidation the interview was extended to Mr. Insaidoo who mentioned that, OM Ghana with collaboration with state agencies rescued victims of human trafficking from any part of Ghana but reiterated that most rescues were made in mining areas in the Northern Region of Ghana where poverty is very prevalent. He recounted how his NGO in 2012 collaborated with the Ghana Police in Kumasi to arrest 4 human traffickers and rescued 46 victims between the ages of 17-25 who were of Nigeria nationality and the perpetrators were arraigned immediately but lamented that the case is still pending at the Law Court in Kumasi. "... currently, Tinga (Kuii) in Northern Region of Ghana and Banda Nkwata are mining areas notorious for Child prostitution but a no go area as madams trafficked young girls from Nigeria to prostitute for them to grasp the proceeds provide tough security at the place" (C.A. Insaidoo, Personal Communication, April 28, 2016). The above instances pointed to the issue of where rescued victims could be sheltered so as

to be offered professional assistance. For this the law prescribed a temporary care for these victims.

#### **4.6.8.2 Temporary Care for Trafficked Individuals**

The Human Traffic Act further made provision for the rescued trafficked victims to be given a temporary care. This intervention was to provide the basic necessities of life to mitigate the inhumane suffered.

The Ministry shall provide temporary basic material support for the care and protection of a rescued victim of trafficking. And ...a District Assembly shall be resource from the fund protect welfare of a trafficked person within its area of authority in consultation with the relevant government agencies and Organisations in the District (Section (1) & (2) of Act 694/2005).

The position of the above law is for the Ministry of Gender, Children and Social Protection to give temporary material support to victims through the governmental agencies handling rescued victims through the support of the District Assembly where the victims were rescued. This intervention the research established was intended to mitigate inhumanity suffered which also included medical attention. However, interview with the Police AHTU in Kumasi, revealed that though the law is in existence, Social Welfare Department, under the Ministry Gender and Social Protection, or the District/Municipal Assembly do not provide any financial assistance to their office to provide the basic care to victims and when asked further, about how these victims were fed? The response was that their office on humanitarian grounds contributed money on several occasions to cater for the victims in

their custody, before handing them over to the respective private homes for shelter. Contact made with the Ashanti Regional Social Welfare Department in Kumasi confirmed that the department has no official safe shelter for adult victims, and this posed a huge challenge. Due to this challenge, the adult victims are sheltered by NGOs. The deduction drawn from the above discussion is that, the unavailability of the safe shelter, which is one of the major resource required in this venture of victims' rescue to a large extent, has clouded the good intention of the law. The researcher interviewed Mr. Christian Ayesu Insaidoo about human trafficking victims sheltered by him and he volunteered the information that, since his NGO is involved in rescue and rehabilitation of human trafficked victims, OM Ghana provided safe shelter, care, and provided the needed support for these rescued victims free of any charge in their facility. The understanding drawn from the above is that, even though by law, such provision existed, practically without the intervention of NGOs/INGOs the provision of the law remained a mirage in relation to adult victims.

#### **4.6.8.3 Counselling of Trafficked Victims as an Intervention**

Counselling is one of the best techniques (Bennett, 1978) as cited by (Aba-Afari, 2011) to be used to assist victims in reformation and rehabilitation. Additionally (Makinde, 1990) expressed the view that in counselling the feelings, attitudes and emotional dispositions of the individual of the self and the situation faced in the environment as well as behaviour modification is the major concern. For this reason, the Human Trafficking Act 694 of 2005 made the provision that, rescued victims be offered counselling services to enhance their rehabilitation and reintegration into their families to enable them adopt effectively in that

environment. For that much the law directed that: “The Ministry shall ensure the provision of counselling services for the victim of trafficking to assist with the rehabilitation and reintegration of a trafficked person (Section 16 of Act 694/2005)”.

From the above law it is explicit that, the law acknowledged counselling services as a prerequisite to rehabilitation and reintegration of traumatized victims to normal functioning because for victims to receive assistance beyond rescue and shelter there was the need to also rescue them from the trauma they are experiencing to enable them recover the self. In spite of the entrenched position of the law, my interview and interaction with some Social Protection officers (Social Welfare Department) in Kumasi revealed otherwise. It was revealed that the Social Welfare Department is under the Ministry of Gender Children and Social Protection. Though the law acknowledged the usefulness of counselling and accordingly instructed that victims of human trafficking should be offered counselling services, it was regrettable that the Ashanti Regional office of the Department of Social Welfare did not have the necessary facility to observe the protocol of counselling. The Social Welfare office has the following challenges. Lack of funds, inadequate staff to follow up on cases, no shelter for adult victims, varied logistic constrains: no counselling room, one car, one or two computers and no photocopier machine for the office. Additionally, there are no proper coordination between the police and the department and this development created a gap for effective functioning; as police intervened and rescue victims for investigation but do not communicate any response from their investigation (P. Kyereme, Personal Communication, May 3, 2016).

**Inadequate Counsellors:** The study has revealed that the department has limited staff or counsellors to offer the related services to victims. It was noted that, the Social worker has the duty to monitor the success made by victims by follow ups to facilitate their smooth integration into the society. Counselling being a helping relationship requires qualified personnel to professionally deliver services to clarify and discover the wishes and emotions of their clients by skilfully listening and developing a working relationship that will yield to trust (Aba-Afari, 2011). However, the constraint of having few qualified counsellors at the department has predicted the non-availability of the legitimate counselling services that could have been offered victims. At the AHTU of the Ghana Police, the Unit Commander told the researcher that after rescue they offer basic counselling to the victims and when asked the question how many professional counsellors do your unit have? The answer was none. An indication that they rather offer advice to victims instead of the requisite counselling demands of the law.

**Lack of Counselling Room:** This study revealed that, there was no Counselling Room at the department though it was appreciated that counselling is personal and private matter, which dwells heavily on confidentiality between the victim and the counsellor especially in one-to-one counselling sessions (Aba-Afari, 2011). This research revealed that counselling was done in offices of the Social Protection interspersed with other official duties. This state has the propensity to yield into emotional upsets of victims (Aba-Afari, 2011). Through observation it was also realised that, the counselling environment was not conducive to addressing the deep trauma of victims. This situation could be reflective of all the remaining regions of Ghana considering Kumasi being cosmopolitan and business city.

**Inadequate Funding:** Funding was another major constraint identified through the interview and this has resulted into low functioning of the Social Welfare Department in rendering counselling services to victims of human trafficking in Ghana. The CEO of OM Ghana mentioned during my interview with him that the Ministry of Gender Children and Social Protection responsible for human trafficking has never supported his NGO either in kind or cash to support the welfare of victims rescued into their facility. This has given credence to the funding constraint mentioned by the Social Welfare official as presented in the interview.

#### **4.6.8.4 Tracing the Families of Rescued Victims**

Research has established that the human trafficking law has factored in the Ghanaian family cohesion as the basis for development for which reason, provision has been made for the Ministry of Gender, children and Social Protection to liaise with state institutions like the police, organisations such as NGOs and individuals to trace the families of rescued victims so as to reach family re-unification (Section (17) of Act 694). Interview with some high ranking officials of Social Protection (Social Welfare) indicated that the above provision of the law has been largely unenforceable and constrained due to logistics and financial challenges as the Department has only one vehicle available for the Ashanti Region. From the above perspectives, it was understood that, even though the position of the law explicitly identified the right of victims to be re-unified with their respective families, financial inadequacy and limited logistics have denied victims of this right and this can trigger a negative emotional response leading to low self-esteem.

#### **4.6.8.5 Rehabilitation of Rescued Victims:**

#### **4.6.8.6 No Publication to Reveal Identity of Human Trafficked Rescued Victims**

For protection, the Human Traffic Act prohibited publication of any report on the offence that has the likelihood to reveal the identity of the victims except by the permission of the court.

- A person shall not publish a report of human trafficking proceedings under this act which may reveal the identity of the trafficked person except with the leave of the court, (section 38 (1) of Act 694/2005)
- A person who contravenes subsection (1) commits an offence and is liable on summary conviction to a fine not exceeding two hundred and fifty penalty units or a term of imprisonment not exceeding twelve months or both, (section 38 (2) of Act 694/2005)

Premised on the above requirement of the law, the researcher was unable to present actual names and pictures of the rescued victims of human trafficking. The research established that the above law is ethically sound considering the traumatic disposition of these victims prior to the Art Therapy service offered them.

#### **4.6.9 Effectiveness of the Existing Politico-Social Interventions in Dealing with the Trauma Associated with Human Trafficking**

The research has established the existence of several politico-social interventions put in place in Ghana to mitigate the suffering of human trafficked victims. These politico-social interventions have the backing of the 1992 Ghanaian Constitution and the Human Trafficking Act 694 of 2005. Importantly, there was provision to offer counselling to

rescued victims of human traffic by the Ministry of Gender Children and Social Protection. This singular provision the research identified to be a laudable attempt to facilitating self-recovery of victims before any effective reintegration could take place. However, the Social Protection unit of the Ministry of Gender, which is the Social Welfare Department responsible for providing this intervention of counselling had been constrained with a lot of challenges which has gone far to affect their service delivery as presented and discussed above.

The study has established that apart from the constraints of funds, staff, shelter for adult victims and inadequacy of logistics such as counselling room, vehicles, computers and photocopier machine; the Social welfare face the challenge of “There are no proper coordination between the police and the department and this development created a gap for effective functioning; as police do intervene in rescuing victims for investigation but do not communicate any response from their investigation” (P. Kyereme, Personal Communication, May 3, 2016). To a very large extent, the security services dealing in human trafficking issues such as the AHTU of the Ghana Police and the Immigration Service of Ghana have the need to liaise with the Social Welfare Department to offer the professional service of counselling to rescued victims. This is important because it is a requirement by law. However, the Police AHTU of the Ashanti Region being the first point of contact of rescued victims to the Criminal Justice System of Ghana; has no professional counsellor assigned to that office to help victims. During an interview it was revealed that, “rescued victims show signs of trauma and insecurity and appear not to trust anyone so we give them basic counselling and assurance and later hand them over to the Social Welfare Department” (R. Minta, Personal Communication, January 12, 2016).

The AHTU Police offer basic counselling and assurance to traumatized victims of human trafficking though there was no professional counsellor working at the unit. Laudably, the research has identified that, this development and its attendant constraints at the Social welfare coupled with the gap in inter-agency collaboration, have created a dent in the effectiveness of the prevailing interventions especially, counselling services in dealing with trauma victims of human trafficking in Ghana. For which reason, Art Therapy is suggested as a complementary service to these victims. This is so because, it is user friendly, non-talking cure, not limited to a specific space, as compared to counselling, but effective and spontaneous in dealing with trauma of human traffic victims in Ghana.

#### **4.7 Objective Three**

##### **4.7.1 How Art Therapy can be used to Assist Victims of Human Trafficking Recover from their Trauma**

The last objective of the study was to determine how Art therapy can be used to assist victims of human trafficking recover from their trauma. This was also ascertained by listing some items to measure this assertion. Some possible effects of Art Therapy were posed to them for them to express their level of agreement. These have been presented in Table 4.8:

**Table 4.8: Effects of Art Therapy on Rescued Victims of Human Trafficking**

<b>Art Therapy Effect</b>	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
Art Therapy can heal people with emotional/psychological/physical problems faster.	38	1.00	7.00	5.1579	2.28422
Human trafficking victims can work through the art process for their intervention.	38	1.00	7.00	5.4737	1.87064
Using symbols and objects would help to understand human trafficking victims better.	36	1.00	7.00	5.6111	1.62617
Colours, texts, shapes and symbols can help to communicate to human trafficking victims effectively.	38	2.00	7.00	6.0526	1.16125
Human trafficking victims can comfortably try new things in Art Therapy sessions.	38	1.00	7.00	5.7895	1.49156
Use of Art Therapy can help to communicate effectively	36	2.00	7.00	6.0556	1.14504

*Variables: 1 = Strongly Disagree    4 = Strongly Agree    7 = Strongly Agree*

**Source: Field Survey, 2016**

Table 4.8 indicates the responses to the level of agreements of the rescued victims of Human Trafficking to how Art Therapy has helped them to overcome the trauma from human trafficking. With a 7-point scale measuring the effect of Art Therapy, mean responses of 4.0 indicates neutral implying that the respondent neither agrees nor disagrees that the factor is a benefit of Art Therapy. Mean responses of less than 4.0 implies that the respondents disagree that the factor is a benefit of Art Therapy, whereas a mean response of more than 4.0 implies that the respondents agree the factor is a benefit of Art Therapy.

From Table 4.8, the highest mean response was obtained from the second cause which is “Colours, texts, shapes and symbols can help to communicate to human trafficking victims

*effectively.*” with mean response of 6.0526 and Standard Deviation of 1.16125. This implies that the use of colours, texts, shapes and symbols during Art Therapy session can help human trafficking victims to communicate their inner emotions effectively in Ghana. However, the other effects of Art Therapy were also true as they had mean responses which were more than 4.0 implying they are all benefits of using Art Therapy as a tool for improving the traumatic effect of human trafficking on victims.

Further proof was that after Art therapy sessions the reaction of respondents were observed to include calmness, increased appetite for food (sometimes too much), openness, well-behaved, associative, composed, friendly and the ability to ask questions.

#### **4.7.2 Art Based Assessment on Traumatized Rescued Victims of Human Trafficking**

Trauma disrupts (Herman, 1992) mentioned that even the event leading to the trauma overwhelm the sufferers sense and ability to control their ordinary systems of care and also from having the proper meaning to their life circumstances. The situation of traumatized victims of human trafficking is out of the strength of these victims to control for which (Herman, 1992; Terr, 1990; van der Kolk & Fisler, 1995) observed that confusion and forgetfulness were usual identity which are consistent with trauma recollections of victims. However, (Mechanic, et. al., 1998) expound that victims suffering from trauma may have an improved recall after some days of the traumatic incident, though the content of the recall is likely to change, (Schwarz, et. al., 1993; Southwick, et. al., 1997). In addition, these memories show patterns of disorganization, which are distorted and full of gaps (Foa, et. al., 1995; Harvey, et. al., 1999a, b).

Brewin & Holmes (2003) however, posit that some sufferers who were diagnosed for PTSD do not exhibit any intense reactions but rather, they show a very intense anger and shame. Though, (Grey, Holmes, & Brewin, 2001; Holmes, Grey, & Young, 2003) strongly suggest that, emotions expressed in anger and shame are reflection of the intense stage of trauma. Victims of human trafficking go through a state of helplessness which they perceived mentally as defeat whereas (Ehlers, Maercker, & Boos, 2000) explained that due to the victims' perceived loss of independence, and self-identity they have also accepted the loss of their will as human beings mentally. This perception of helplessness of victims (Brewin, 2003) posits renders them to a high level of vulnerability and the difficulty of whether to identify such outburst of helplessness to their emotional instability or a belief system acquired through traumatic exposure since both carry interchangeable essentials. In addition, such traumatic mental defeat victims, may liken themselves to an object for destruction and bother less, about their circumstance as to whether they live or die and this phenomenon of mental defeat, (Brewin, 2003) suggest, transcends the helplessness of victims to destroy their own identity. Weiner (1986) expresses that, some emotions results from direct outcomes and others are manipulated by elements of cognitive appraisals. Events leading to trauma vary in regards to the time available to victims to appraise their situation to produce the corresponding emotions. Nonetheless, in post-traumatic situation, (Brewin, 2003) opines that, cognitive appraisal assembled varieties of avenues for negative emotions that has implications for the future in relation to the causes and responsibilities.

However, (Freyd, 1996; Resick & Schnicke, 1992; Reynolds & Brewin, 1999) say that, the feelings of shame, sadness, guilt, betrayal, humiliation and outburst of anger usually escort PTSD and this anger is prominently, present with others (Andrews, Brewin, Rose, &

Kirk, 2000) and this undermines fast recovery. In the case of victims that suffered violent crime such as rape and assault, shame and guilt becomes a determinant as to how the symptoms progress over a long period. There is the connection of pre trauma vulnerability variable, childhood abuse and victims' failure to heal from adult traumas. Trauma victims who suffer abuse as children and adults who become more ashamed as results of assault recover slowly, besides, when victims suffered the abuse when a child frequently, suffer repeated shame (Brewin, 2003).

Notwithstanding the above negative outcomes, the use of Art Therapy has shown the propensity and intervened in the circumstances of these rescued traumatic victims of human trafficking. Art Therapy as a non-verbal communication that used the creative processes together with the facilitation of a trusting, safe environment within which my clients acknowledged and expressed strong emotions (Payne, 1993). Liebmann (2006) added that, in Art Therapy is used as the medium of personal expression to communicate feelings. (Ulman (n.d)) as cited by (Rubin, 2010) also expressed it as “procedures designed to assist favorable changes in personality or in living that will outlast the session itself”. Ulman expressed that art is employed as means to discover both the self and the world and to establish a relation between the two and emphasized, art to be “the meeting ground of the inner and outer world”. Premised on the above, the researcher, advanced modalities to identify traumatized human trafficking victims to provide the requisite relief through Art Therapy.

#### **4.7.3 Identification of Rescued Traumatized Victims of Human Trafficking**

The researcher through contact, observation and interaction with the AHTU of the Ghana Police in Ashanti Region-Kumasi identified OM Ghana an NGO within the Kumasi Metropolis where 40 human trafficked victims all female rescued from different location dotted within Ghana, were sheltered and were going through rehabilitation for possible reintegration. The researcher interacted with these traumatized victims and also observed that they show varied signs of trauma as some were afraid to talk to her (stranger) and others exhibited; timidity, withdrawal, restlessness, intermittent aggressiveness and inordinate behaviours (screaming, fidgeting as others were not interested), a situation that confirmed Wright (2005) stand that, such victims have a world that has been shrunken with remnant of fear and isolation. The researcher provided drawing media (paper, crayons, colour pencils, pastels, markers etc.) and prepared the environment for the Art Therapy session to take off.

#### **4.7.4 Drawings of Traumatized Victims of Human Trafficking**

Efficacy of art as healing was observed when these victims/clients were encouraged to express themselves artistically, in non-directed and directed ways and the outcome confirmed “art as therapy... that reconcile the external conflicts between the individual’s instinctual urges and the demands of society (Kramer, 2000 p.17). At the initial session the rescued victims were employed in a non-directed approach however, as the sessions continued subsequently, both directed and non-directed approaches were actively used. These clients were engaged in a directed approach with themes such as “Close your eyes and scribble” “Scribble and colour” “Draw what you like” “Draw what makes you afraid”,

“Draw your pain”, “Draw your dream”, “Draw your family”, “Imagine your future and Draw”, and “Draw what makes you happy”. The clients were provided with variety of drawing accessories and were allowed to make choices of their own. At the end of each session the victims produced art works that reflected their emotional dispositions.

#### 4.7.4.1 Art Therapy Session One

#### 4.7.4.2 Warm Up: Close Your Eyes and Scribble

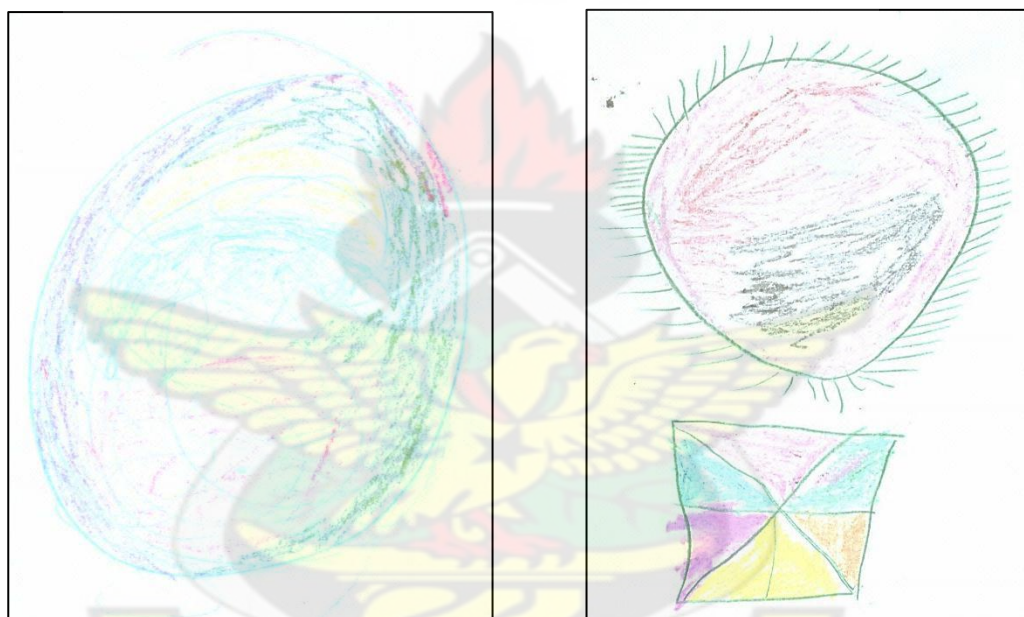
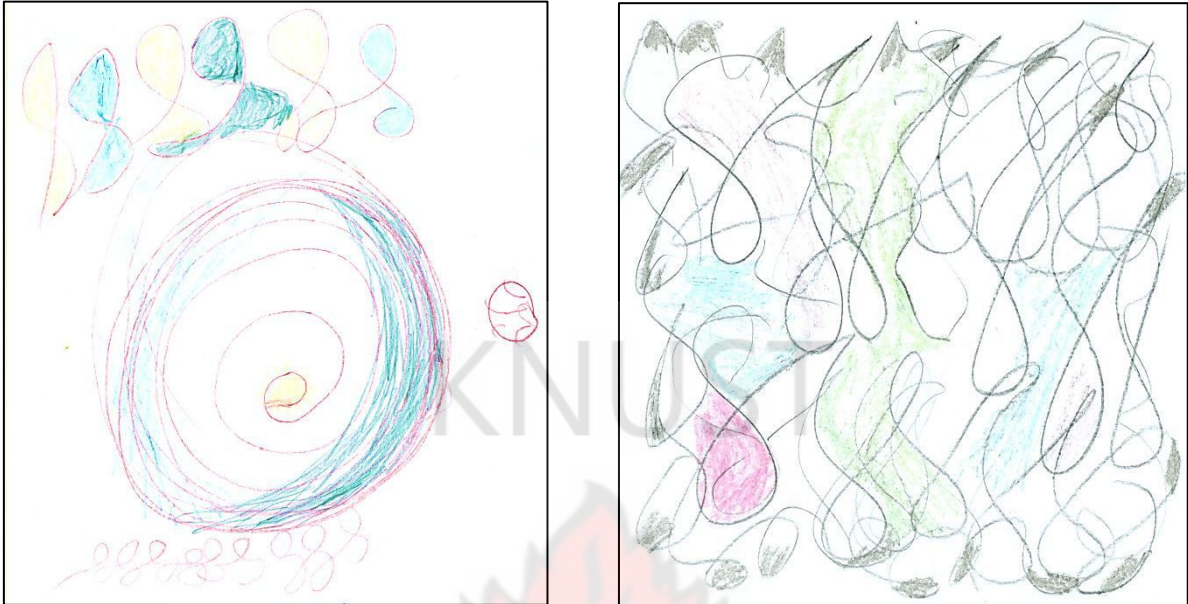


Plate 4.1 & Plate 4.2: Warm Up: Close Your Eyes and Scribble

#### 4.7.4.3 Warm-up Two: Scribble and Colour



**Plate 4.3 & Plate 4.4: Warm-up Two: Scribble and Colour**

In the first session of the Art Therapy, victims/clients were observed to be very apprehensive and exhibited varied degrees of attitudinal and emotional inconsistencies due to trauma and this phenomenon (Morgan et al., 2001) posited that in stressful conditions, low dissociative reactions are experienced by victims. No wonder they saw the researcher as an intruder into their world. Some of the victims of human trafficking were also observed to be emotionally shocked at her presence in their midst as mentioned by (Brewin, 2003) that; common symptoms of trauma experienced by victims are emotional numbing, depersonalization, derealisation and hallucination. To defuse this tense environment and gain ingress into their world, the researcher took them through a directed warm up exercises as depicted in Plates 4.1 to 4.6 which helped them reduced the apprehensiveness of fear of the unknown.



**Plate 4.5 & Plate 4.6 Warm-up Two: Scribble and Colour**

During the warm up exercise, the victims who were hitherto, restrictive, timid, uncooperative and inattentive were observed to have lost their borders and interacted well with other group members confirming the stand of (Bulchalter, 2004) that worm-ups relieve traumatised clients of their apprehension and also help them to relate effectively. The researcher observed also that the warm ups got victims released off stress as they admired and appreciated their art works heartily without any inhibition. Interestingly, the researcher noticed that, some of the victims received inner healing just by the admiration and attention they gave to the artworks they have produced through these warm-ups. This was heightened when they were asked to display their works and also to talk about the items and figures they have identified in them, as depicted in (Plate 4.7). These expressions of victims (Buchalter, 2004) indicated were in reference to their beliefs and feelings.



**Plate 4.7: Displayed warm-ups artworks produced by victims.**

The observation made on the rate of release and healing these human trafficked victims gained at this preliminary stage of Art Therapy has strengthened Naumburg (1966) adoption of the Freudian concept of free association where she allowed her patients to offer verbal descriptions of art spontaneously made by them. The victims' free associations become an important tool for apprehending the images created in Art Therapy therefore, a pointer to their growth and change (Malchiodi, 2003). This growth and change in relation to this study was observed to be the inner healing they have accessed and the simultaneous change of their traumatic manifestations. The researcher further observed that, these victims showed some level of stability and independence devoid of any traumatic dispositions as they spoke individually about the items identified in their respective works as well as the meanings. It was also noticed that hitherto, uncompromising and almost

chaos atmosphere created by victims' manifestation of traumatic physiognomies changed to a rather calmness as they got deeply lost unconsciously in producing the artworks. The above development identified Art Therapy as an effective remedy to trauma experienced by victims of human traffic. Calmness was observed in them as compared with victims/clients earlier apprehensiveness and exhibition of varied degrees of attitudinal and emotional inconsistencies due to trauma and also they saw the researcher as an intruder into their world; during the earlier stages of the first session of the Art Therapy.

#### **4.7.5 Art Therapy Session Two**

##### **4.7.5.1 Warm-Up: Scribble and Colour**

In Art Therapy, warm-ups aesthetics are not the essence. Buchalter (2004) expounded that the principal issue was about the expression of their feelings and thoughts and not how the drawing was made.



**Plate 4.8 & Plate 4.9: Warm-Up: Scribble and Colour**

The researcher observed that the 7 minutes' warm-up exercise on the theme "Scribble and Colour" during the second session, has brought varied release to the victims of human traffic as depicted in their art works. During the warm ups victims were observed not to be relaxed and their fragile, highly sensitive apprehensiveness (Buchalter, 2004) was consumed by the serenity of the artistic environment. This was very instrumental in effective group communication that expedited growth. Their choice of colour and rendering of work showed an improvement of their confidence level and indication of a less traumatic strain. The artworks produced at this level also displayed their inner dispositions which was fruitful for the actual session to take off. Kaplan (2000) attested that even if these art works have limited symbolic content, they still have the ability and potential to offer therapeutic release to the individual artists that made them.

#### **4.7.2 Theme: Draw What You Want**

This theme gave the client/victims enough therapeutic space to explore their respective inner dispositions, which they have brought out through the artworks produced as seen in plate 4.10 to 4.13.



Plate 4.10 & Plate 4.11: Draw What You Want

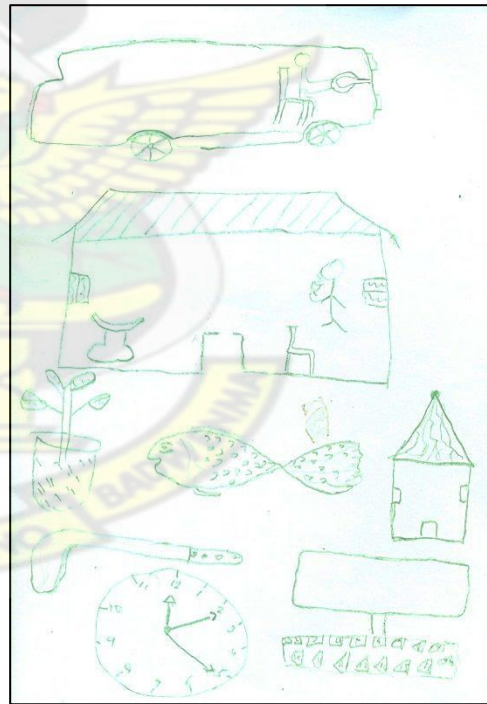


Plate 4.12 & Plate 4.13: Draw What You Want

The researcher observed serenity in the victims/clients as they indulged in the artistic production of 'draw what you want'. The observation made by the researcher in this regard was that, victims were healed further as they exhibited another dimension of free association. They were observed to have rediscovered their natural temperament which enabled them interact well with other members. These findings have added relevancy to (Rubin 2010) who suggested that such productions carried out in a natural artistic environment, undeniably offer serenity to the soul of the sufferer and reconnect him/her back to life. Surely, victims were observed to break out from their dissociation tendencies caused by trauma.

This confirmed the explanation of (Spiegel & Carden ~ a, 1991) that dissociation was the temporary breakdown in the thinking of victims, which has continual interrelated processes for perceiving their world, in terms of recalling the past, and have any identity that connected the past with the future. Importantly, the undirected theme "Draw What You Want" provided victims with the requisite platform to give form to their inner emotional complexities and the process of the drawing as well as the artworks served as the means to break their respective traumatic shells to vibrant selves. The phenomenon of drawing and painting to offer the needed support for trauma victims to relax as (Buchalter 2004) expounded, was observed to have direct reference to the experiences of these victims during the process of drawing and the product. This was necessary for the victims because during the activity, their attention and focus was directed deep into the work which assisted them to release tension. The drawings of these victims generated a great amount of release to them because the researcher, found that their expression and demeanours were

dramatically affected positively, after the drawing. To a great extent, this observation has acknowledged Art Therapy as a vital remedy or cure for trauma associated with human trafficking victims. Prominently, these findings also found root in Buchalter’s stand that picture making or drawing has cathartic ability, which helped these trauma victims to redirect their negative energy into use constructively, and they prevailed the identities of trauma through the medium of drawing.

#### **4.7.6 Art Therapy Session Three**

##### **4.7.6.1 Warm Up: Doodle and Colour**



**Plate 4.14 & Plate 4.15: Warm Up: Doodle and Colour**

The researcher observed that during the third warm-up session, the clients showed another dimension of traumatic release. This was expressed in their openness to freely talk about their works and appreciated and demonstrated pride in their art works. Premised on the fruitful interaction, victims were given a directed theme to “Draw What Makes You Afraid”.

#### 4.7.6.2 Theme: Draw What Makes You Afraid

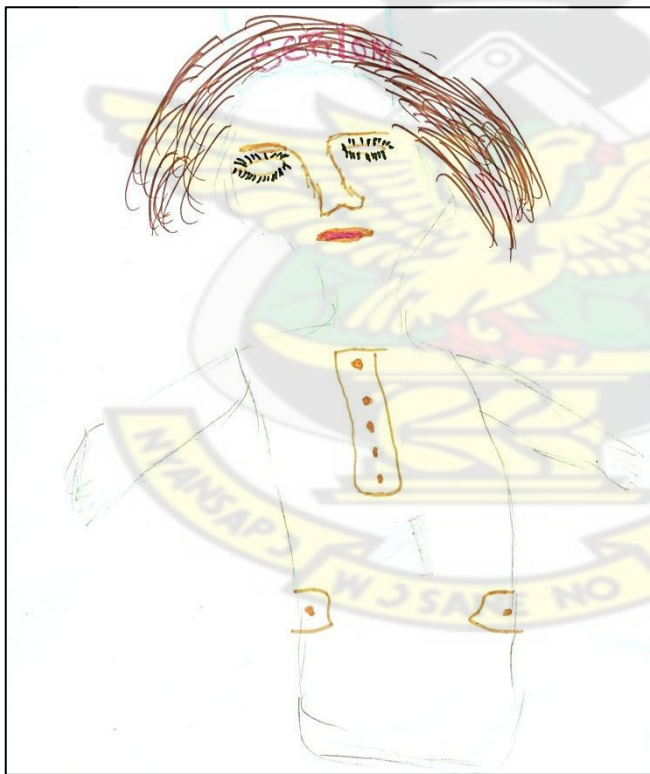
In Art Therapy the phenomenon of the unconscious being expressed in victims' daydreams, fantasies and fears as well as pains can be transferred to images than words (Naumburg 1966). The researcher observed that the trauma victims have gained some amount of traumatic release from the Art Therapy sessions they have had which have been expressed in the earlier discussions. Therefore, the researcher gave a directed theme of "Draw What Makes You Afraid" so as to deal with another level of trauma identity in them. It was observed when the theme was announced that, some of the victims became panicked, others yelled at one another as some were seen biting their fingers. Beside, some of the victims also became moody and quiet which reflected their respective trauma dispositions. These observations occurred concurrently in relation to (Nijenhuis, Vanderlinden, & Spinhoven, 1998) that, such expressed reactions by these human traffic victims reflected their defensive responses in connection with their respective state of immobilization or freezing in mammals.



Plate 16 & Plate 17: Draw What Makes You Afraid

Nonetheless, they were observed to gain some amount of control during the drawing and eventually all such trauma dispositions were diminished. The research has established that, the theme and drawing activity, reconnected them to suppressed traumatic identities and memories and provided them with the artistic avenue to face their dread or fear that precipitated experiences of trauma in them as depicted in Plates 4.18 & 4.19. The researcher employed the Moschini's Drawing Assessment as tool that enabled her to have both quantitative and qualitative information as presented in victims' visual communications.

#### 4.7.6.3 Analysis of victims Drawing



**Plate 4.18 Draw What Makes You Afraid**

The artist of Plate 4.18 was assaulted, abused, tortured and raped repeatedly by her father, which resulted to pregnancy and childbirth. She escaped to a friend who only sold her to a “Madam” and was subsequently, trafficked with her toddler baby to Kumasi and forced into prostitution. The directed theme, Draw What Makes You Afraid was to assist the victims’ to face the dread concealed in their emotional world for which they are afraid to talk about. The recall of this fear precipitate emotional pain and the stigma associated with the event causing the trauma in them. Through this theme, victims were encouraged to attack this dread that is prevalent in their emotional world through drawing. The visual statements made in their drawings became the language of expression, which was non-available to them previously hence, the concealment. Importantly, the researcher noted that, the ability of these victims to communicate their inner fears was restored through the medium of drawing. This inner strength gained, was repeated pronouncedly when they were asked to talk about their work in the post-drawing enquiry. The researcher further observed that the theme did help these victims and they adequately, tackled the monster of fear in their subconscious mind and this success brought positive modulations in their character.

The female Figure drawing above has been slanted and Moschini suggested that such 15° slanted human figure represented the mental imbalance and instability of the client. The figure was observed to be large, which Moschini identified to reflect the poorly developed control of inner-self of the artist. The drawing has no legs and this projected the Feelings of helplessness and immobility in the environment of this artist. The line quality of the figure was intense and this served as the wall between the body and environment of the artist; which expressed the fence, limitation, and helplessness. For this reason, the intense

lines were emotional protection of this victim artist. The hair strokes of the female figure were rendered in heavy lines which Moschini again identified as fearfulness, inner-pressure and anger within the emotional environment of the victim/client. The quantitative information obtained gave the researcher the general overview of the level of trauma the artist/client has. To gain further understanding of the meaning which the drawing represented in relation to her world of trauma (Moschini, 2005) advised that, for formal or qualitative assessment of the drawing the identified symbols and metaphors represented in the work be carefully considered in relation to the free associations and the verbal statements of the artists in the post drawing enquiry.

In the qualitative analysis, the hair of the female Figure was found shaded heavily and the meaning Moschini ascribed was apprehension and too much thinking of the artist. This implied that the artist was in constant fear caused by trauma identities in her environment, the researcher noted. The nose of the figure was also very long, and meant that the artist felt a state of weakness, and incapable. The interpretation of weakness and incapability identified by Moschini as expressed in the visual statement of the artist, the researcher noted was heightened and when the group members were asked to speak about their work, this artist could not but sobbed intensively. The absented legs were indicative of her feelings of emotional shrinking; deficiency of support, immobility and leading to withdrawal. Moreso, Moshini explained that the pockets of the figure implied maternal deprivation in terms of childhood dependency.

This research has established that in Art therapy, both quantitative and qualitative information adduced through analysis of visual statements in clients' drawings are valid to

the circumstances of the clients and served as visual libraries as well as emotional archives that held magnitude of salient history of the artist. The above position of the researcher was premised on the revelation obtained when she had one-to-one post drawing enquiry with the artist. In reference to section 38(1) of Act 694/2005 that laid prohibition on any publication that reveal the identity of human traffic victims, the artist has been named “T” to protect her true identity accordingly. T stated that her father divorced her mother when she was very young. She lived with her father who raped her and she became pregnant continued and molested her for sex. She was given up anytime she resisted his sexual appeal made to her. She gave birth and escaped to a friend but she rather sold her to a Madam who promised to offer her good paying job in Ghana. She lamented that, the very day she got to Kumasi- Ghana, with her toddler baby she was forced into prostitution but she was rescued on her first day out by OM Ghana. She lamented that, she was confused and ashamed. T saw herself as worthless, filthy and deserving of death because her child always reminded her of the incestuous affair with her father. She was encouraged to relax and her baby which was also present in the space would be fine. The deduction made out of both quantitative and qualitative information gathered from the statement of T in her figure drawing fitted perfectly well into her verbal statement. Her drawing according to the Moshini’s assessment tool, described her vividly, as a mentally unbalanced person with poorly developed control of her inner-self who has shown and expressed the feelings of helplessness, immobility in her environment. The description identified the artist to express fearfulness and pressure in her inner world that has generated into anger within her emotional environment. The apprehension of these developments led to the artist thinking a lot of what to do because she felt too weak to confront her inner world due to her feelings

of incapability, immobility and deficiency of support that resulted into withdrawal, which was caused by maternal deprivation.

Admittedly, the researcher has explored the inner world of this human trafficked victim through her drawing. Interestingly, (Kramer, 2000) agreed that the exploration was done with the least abrasion on her integrity but the secured explosive emotional contents were birthed through pleasant client-therapist interaction. The released of these explosive inner contents Buchelter agreed, was very appropriate and allowed the victim to relax and untie herself from the stressors in her environment because the insight gained from discussions by the various members of the group in addition to the drawing will assist her as well to identify new ways in dealing with worry, depression and fear.

Further analysis of Plate 4.19 revealed that the artist composed her drawing, which she placed almost all the identified items on the left except an uncompleted dotted house placed at the upper of the drawing space. Quantitatively, Moschini interpreted drawings positioned at the upper left hand corner to mean a defence mechanism of regression, and the artist desire to safety of the past to avoid the present pain. Drawings high on paper also revealed anxiety, insecurity in relating to her environmental trauma identities. The Strokes of the roof were fragmented. This Moschini interpreted as anxiousness and the long strokes reflected apprehensiveness and in need of support and assurance.



**Plate 4.19: Draw What Makes You Afraid**

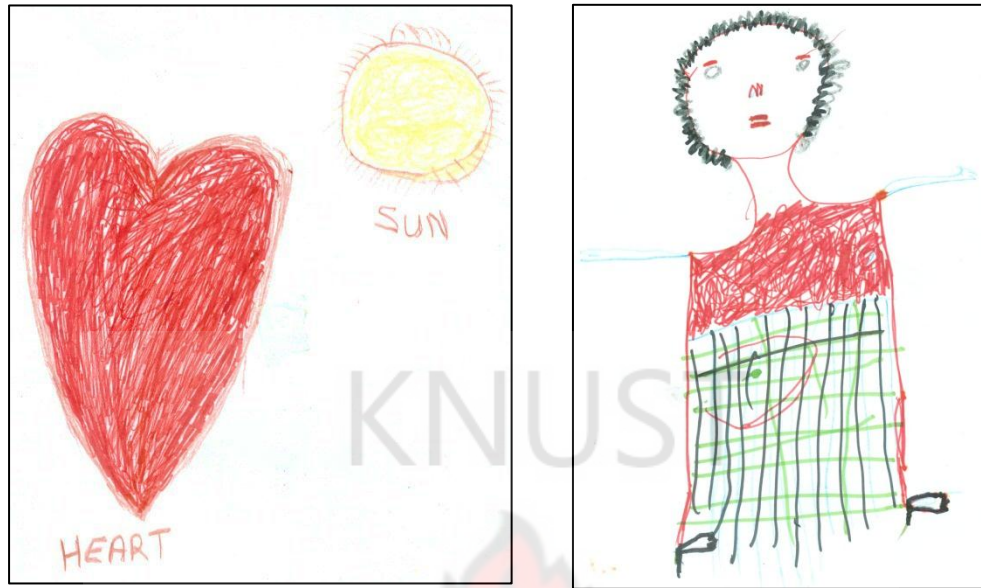
From the above presentation, Moshini explained that the placement of the figure to the viewer's left was an indication that the victim or the artist is very concern with his or her past as well as the self. The researcher noted that the artist while she expressed the meaning of the metaphors in her work; mentioned how she was maltreated and exploited as a child when she lived with her uncle. She identified herself with the pot at the top left side of her drawing as a pot she broke when fetching water and was severely punished by her uncle's wife who she placed at the lower left side of the viewer, seated on a chair with a rod used in beating her. She said that, when the topic was introduced she got scared as the whole episode of maltreatment she suffered became very real as if she was still in that unpleasant environment. She identified the animals in the drawing as the uncles two

children who did nothing in the house but to eat as she was forced to do all tedious and menial jobs in the house. After she talked and made meaning of the symbols and the metaphors in her work, she was observed to open up with excitement as compared with her reserved and withdrawn demeanour in the earlier interaction where she did not present any interest in whatever the group did.

#### **4.7.7 Art Therapy Session Four**

##### **4.7.7.1 Theme: Draw Your Pain**

The interaction the researcher had so far with the rescued trauma victims of human trafficking indicated that they expressed their inner thinking effectively in drawing than verbal expression. This artistic expression (Kramer, 2000) identified as the method that amplified varied experiences of sufferers of trauma for which these victims created their equivalents in symbols of artistic power that evoked genuine emotions and feelings of reality in these suffering individuals or clients. This artistic expression (Liebmann, 2006) admitted was innate and available to everyone, and can be expressed simultaneously in form and symbols to communicate deep inner emotions in Art Therapy. Armed with this understanding, the group was given a directed theme of “Draw Your Pain”. This enabled the researcher to break the interface of the self and trauma, entered their trauma defence zones, and shredded some identities of trauma in them as captured in their artworks, Plates 4.20 and 4.21.



**Plate 4.20 & Plate 4.21: Theme: Draw Your Pain**

The observation made were that, when the theme was introduced some of the clients in the Art Therapy session exhibited some disposition of trauma an indication that, the theme reconnected them to the memories or events that led them to that phase of trauma and momentarily the trauma episode got revived in them for same reason, they conducted themselves awkwardly as they relived the trauma event momentarily. Some stood and went out briefly and came back. Two were observed to engage in an argument over their sitting space and one remarked, “I won’t be calm any longer for you to destroy my life”. After, this pronouncement, the argument ceased. Another client yelled and became hostile, whereas, other clients were observed to move around the space for a while and assume their seat. Further, one client sobbed intensively and tears rolled and streamed her face the researcher observed. In fact, there was a momentary disorder for 11munites of the beautiful confusion, which was an indication of the healing process effected in them as they re-lived the events some aspects causing the trauma. when I noticed that, the outburst declined and

my clients regained some amount of stability and control, they were encouraged to draw their pain and once again, as they worked they were observed to have concentrated their attention and energy into their drawing. Interestingly, the researcher noticed that all the trauma dispositions were consumed within the serenity of the artistic atmosphere as (Buchalter, 2004) expressed.

The researcher observed that, when the 45mins. Art Therapy session ended, the clients were found to be relieved, happy as they talked about their artworks and the meanings ascribed to them. The artist of Plate 4.20 named X who argued and remarked that, “I won’t be cool any longer for you to destroy my life”, talked about her work and stated that she had a boyfriend whom she loved very much and they planned to marry but the parents of the boyfriend married another woman for him. This development broke her heart and she suffered the fact of her loss. The broken heart she represented with the red coloured heart and the boyfriend according to her was the yellow sun in the drawing. She lamented that, though she got married with two children, she did not have any love for the husband and he also maltreated her. Due to the maltreatment she took solace in a female trader to their village who promised her of greener pasture. She run away to Kumasi with her “benefactress” only to be exploited and used for domestic servitude but no income was given her apart from the meagre food offered her. She explained that she suffered from this woman in addition to her lost love and she nearly killed herself because she saw herself to be worthless and there was no need to stay on but she was rescued. “Today I am free to live for myself, I will go back to my husband and children and love them I won’t chase that wicked woman for my money” she exclaimed heartily. However, the admission of X to

have lost hope to stay on and nearly killed herself was identified with adherents of Cognitive Behavioural Therapy who submitted that, schema structured upon false assumptions made this victim to perceive her world as not safe and also had low self-esteem to the level of finding herself as unloved and useless and see no need for living (Rozum, & Malchiodi, 2003).

Another perspective to this development, amplified the emphasized premium placed on Person-Centred Approach to therapy which geared toward helping sufferers to achieve independence, spontaneity and a high level of confidence (Rozum, & Malchiodi, 2003) as cited by (Rogers, 1951; Rogers, 1969). From the statement, “Today I am free to live for myself, I will go back to my husband and children and love them, I won’t chase that wicked woman for my money” was an indication that she has recovered her independence off the strong emotional attachment she had had with her former boyfriend for which she suffered unnecessarily in the past. The spontaneity of healing was also expressed in her confidence that she was going back to her family. The deduction made at this point was that, through Art Therapy, she got healing from the pain she was suffered from the loss love coupled with the deceit and exploitation she suffered from her madam who also failed to give her income. Additionally, her self-esteem was also regained, and the importance of her husband and children became a reality as compared to the fantasy of love she expressed to have had for the loss love. The likelihood was that the husband might not have maltreated her as said but because of her professed love and subsequent loss, she was uncooperative in the marriage premised on the belief that she was returning to her loss

love, which was a mirage. From the above, the rescuing effects of Art Therapy to intervene in the circumstances of the rescued human traffic victims has been a reality.

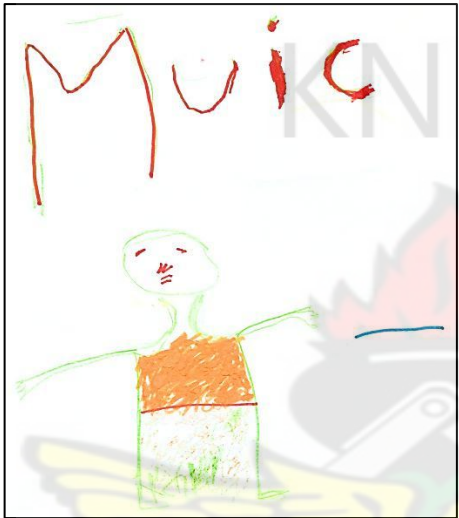
#### **4.7.8 Art Therapy Session Five**

##### **4.7.8.1 Theme: Draw your Dream**

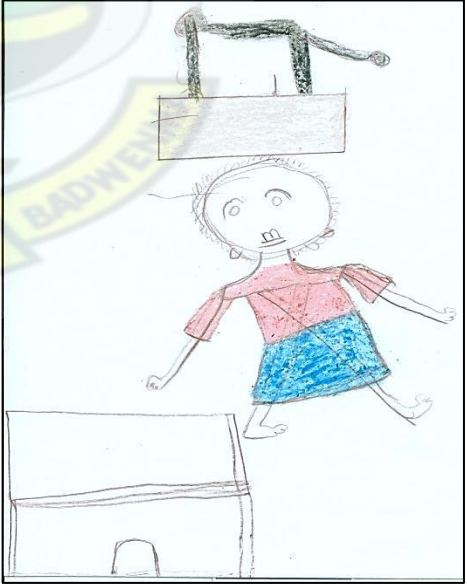
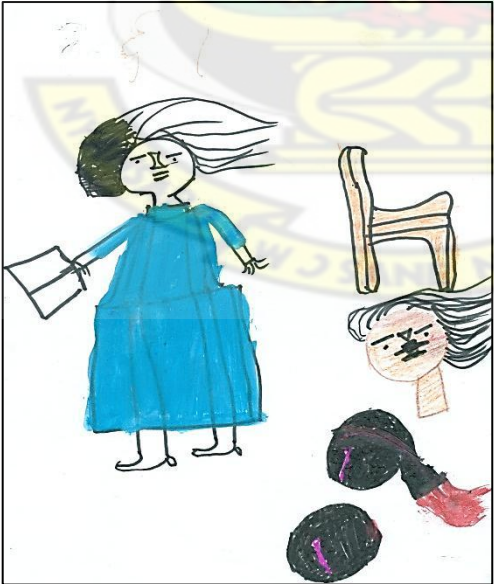
The researcher noticed growth in the emotional stability of her clients which was reflected in their interactions with other group members. She also noticed that she was now accepted by the clients not as an outsider or stranger but as a member of the group and this improved their communication with her. This was in view of their demeanour of openness in asking questions. This development was confirmed by their chaperon who alerted the researcher that, ever since, the victims have gone through Art therapy sessions with her, great improvement have been observed in them. “in fact, these girls have changed and do not shout and quarrel again. Those who were timid and withdrawn are now very sociable and almost all the girls have shown their true nature and am so glad” (C. Boamong, Personal Communication, May 18, 2015) She also added that, “the appetite of my girls have increased after the artworks and they now chat with me freely and ask relevant questions as compared to their conduct with me in the past”.

Importantly, the researcher took advantage of the healing her clients have accessed to this level which was reflected in their self-recognition and self-identification as expressed by the chaperon that, “... they have shown their true nature”. To also reconnect them back to their life aspiration the theme Draw Your Dream was introduced and they were observed to have sublimated and the outcomes were indicated in Plates **4.22 to 4.26**.

Sublimation (Kramer, 2000) refers to as “any process in which a primitive asocial impulse is transformed into a socially productive act, so that the pleasure in the achievement of the social act replaces the pleasure which gratification of the original urge would have afforded” (p.41).



**Plate 4.22 & Plate 4.23: Draw your Dream**



**Plate 4.24 & 4.25: Draw your Dream**



**Plate 4.25 & Plate 4.26 : Draw your Dream**

The artworks produced by these clients revealed their respective dreams and aspiration for the future.

In Art Therapy session, (Kramer, 2000) held that these victim artists show capacity to solve the conflict that existed between the demands of their individual impulses and that of the superego, as well as that of reality and fantasies which were represented in the art works they have produced. These human trafficked victims poured out their inner feelings and experiences to the therapist who has been the immediate audience in a “sublimated culturally and socially productive” manner. The therapist at varied instances retrieved from the victims’ inward communication which related to their primitive asocial impulse that required mastering by the victim-artists as well as pleasantry of the works of art. The researcher, has been the immediate audience to these artworks, and accessed the vicarious miracle of sublimation that was hitherto, outside her ability to gain, just as Kramer

intimated. The succinct explanation Kramer gave was that, the success of art work during a session did not rely solely on the victims' art creation but also on the therapist who was an audience to attain sublimation. The effects of sublimation were observed in my clients during the process of drawing and the zeal and satisfaction expressed as they talked and gave meaning to their works.

The researcher also observed that the findings were in line with Kramer who submitted that sublimation do occur at any level where instinctual behaviour replaced social activity in a way that the replacement become the winning point for the ego. Here, these artists renounced their instinctual behaviour that were displayed in the respective traumatic dispositions and redirected the same energy into their works for which they regained their positive self-image, self-esteem, self-worth which were seen in the confidence they exuded as they talked about their work. Art was observed to have given back to my clients all their dysfunctional and dead aspects in their life for which they were hitherto, traumatised.

#### **4.7.9 Art Therapy Session Six**

##### **4.7.9.1 Theme: Draw Your Family**

During this session client were observed to have expressed another outpour of their inner expressions which were not accessible because such contents were concealed and repressed aspects of their life. However, the execution of the theme Draw Your Family has further revealed Art Therapy as the requisite and rapid respond remedy to mitigate the trauma of human traffic victims in Ghana; as indicated in Plates 4.29 to 4.31.

The researcher observed that sublimation once more occurred in these human traffic rescued victims who decided and replaced their wishes, and aspirations for their family life and reintegration; for which they have rendered these imaginations by the equivalents they have displayed through the drawing outcomes, as (Kramer, 2000) suggested.



**Plate 4.27: Draw Your Family**

The Plate enlisted incredible value of art which was observed as these clients demonstrated as they talked about their work with implicit comprehension. These artworks communicated sophisticated information to the researcher which hitherto were not available in anyway. For this reason, (Kramer, 2000) identified that such adduced content and form is an inseparable whole.



**Plate 4.28 & Plate 4.29: Draw Your Family**

The artist of Plate 4.28 explained that he got trafficked from the Northern Ghana to the South because her parents had many children and her father was polygamous so could not offer any good life to her and the siblings. She continued that, her large family background made her predisposed to vulnerabilities that led to her being trafficked and exploited a situation she was devotedly guarding against. She expressed that her drawing represented the small family she wanted to keep when married. The large female in green blouse and yellow skirt represented her. The male figure in brown top designed with a black stripe on purple shorts with black parch on the right represented her husband and the little female drawn wearing green top over a purple skirt was her only child she intended to have. On top of the little girl was a brown umbrella she mentioned was to protect her daughter. The positions of the figures she stated was to protect their only child from the harm she suffered. This deep communication actually reflected another shredded traumatic identity that aided great level of release from trauma, the researcher observed.



**Plate 4.30 & Plate 4.31: Draw Your Family**

From the above discussion, the researcher understood that, sublimation in art has been a potential aid that assisted traumatic victims of human trafficking to renounce their dispositions of trauma and replaced and redirected such energies into creation of art works which helped them so much to derive the same pleasure the ego required. Additionally, the amount of release attained by these victims/clients gave credence to Kramer's concept of sublimation.

#### **4.7.10 Art Therapy Session Seven**

##### **4.7.10.1 Theme: Imagine Your Future and Draw**

The researcher noticed that her clients have shredded a lot of trauma dispositions for which they were observed to have accessed and maintained a great amount of emotional strength and stability by the way these clients conducted themselves properly among themselves in the group. This observation transcended the therapeutic space of the session to their

immediate environment. The officials of OM Ghana an NGO that sheltered these victims in Kumasi expressed their excitement at the efficacy of Art Therapy to redefine these victims to normal life functioning as compared to the distortions displayed in their facility before the Art Therapy intervention was effected :

Most of our girls have expressed interest in going back to their family to practice the skill they have acquired. This has surprised me because before you started the Art Therapy most of them never want to go home because they saw themselves as worthless and feared to be integrated into their families due to this I have been offering them Biblical counselling and praying with them. However, they have shown enough courage now to go back to their families, Art is powerful. (C. Boampong, Personal Communications, May 26, 2015).

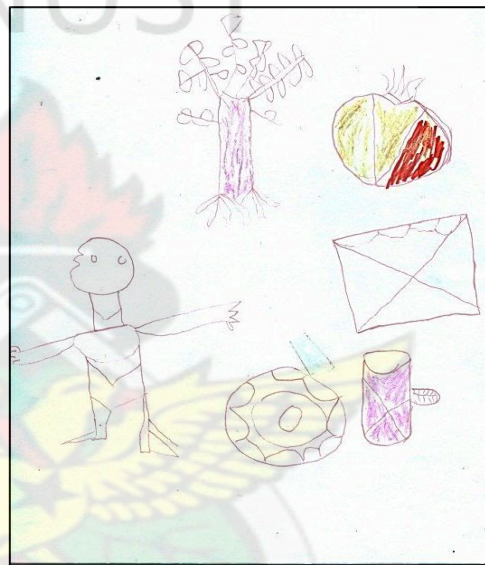
Through the theme “Imagine Your Future and Draw”, which was premised on the projective techniques of Draw-a-Person (DAP) and House-Tree-Person (HTP), (Machover, 1949; & Buck, 1948) the researcher gathered information on these victims inner growth. The adoption was intended to acquire both qualitative and quantitative information from these clients for analysis through their drawings (Moschini 2005). This understanding enabled the researcher to explore their inner world and their level of emotional healing which they communicated expressively in their visual art works they have produced in Plates 4.32- 4.37.



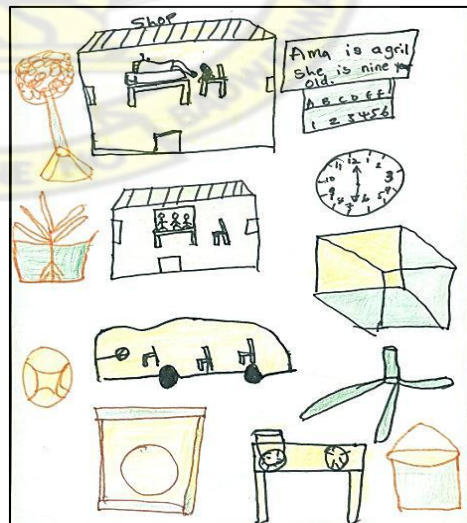
**Plate 4.32 & Plate 4.33: Imagine Your Future and Draw**

In Plate 4.32, the artist mentioned that her composition represented the luxurious future she intended to have with her family. The big yellow-green car, the driver and the figure in the rear of the car represented her private car which she was driving her daughter to school. This position explained her fantasy for driving and owning a private car, the researcher noted. She continued that, the figure up with an outstretched arm walking behind a building represented the hardworking and loving husband she would have and the building was their home. Again, she identified with the house on the right below as her hairdressing salon. The watch and fan were for her shop. Joyfully she ended that, her future was bright because she was going to work hard and save money to provide good education for the only child she intended to have not like her parents who had many children but could not educate them.

Rubin (2005) said that the visual images created could be extremely helpful in knowing victims better because, through these projective drawings vital and very important information bothering these victims for which they were not conscious of, so unable to express them verbally. Hence, such great content of information, was hidden in the sub conscious for which the victims were unaware, therefore cannot speak about it; however, through art making, such hidden and inert information were released.



**Plate 4.34 & Plate 4.35: Imagine Your Future and Draw**



**Plate 4.36 & Plate 4.37: Imagine Your Future and Draw**

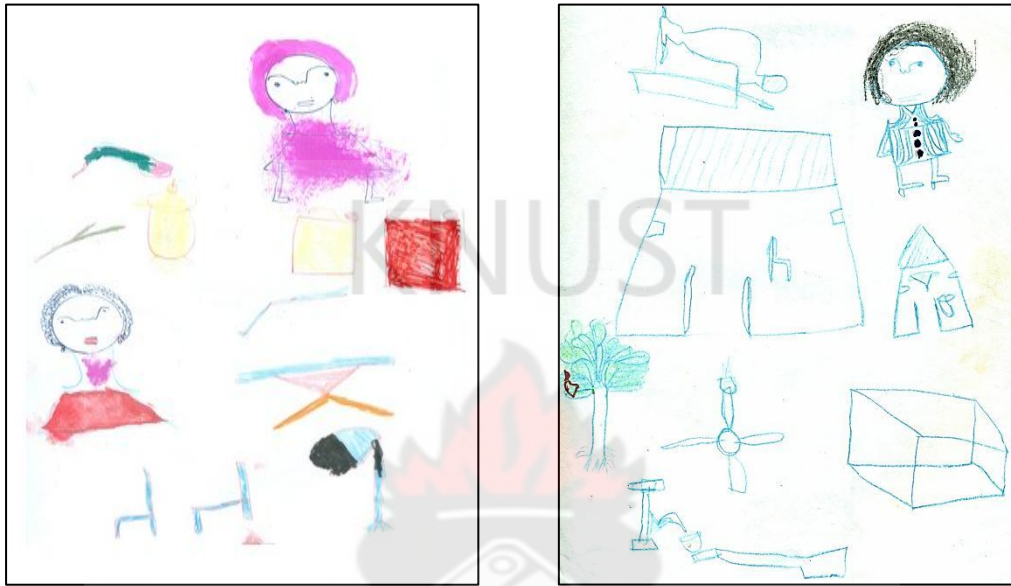
On the phenomenon of projective drawings (Moschini, 2005) cited (Machover,1949) who strongly held that “in a significant proportion of cases, drawings do permit accurate judgments covering the subject’s emotional and psychosexual maturity, his anxiety, guilt, aggression, and a host of other traits” (p. 23). Here, the researcher observed that the drawing and its interpretation was meaningful because, the chaperon admitted that the artist in previous interaction in the facility before the introduction of Art therapy, severally, mourned that her predicament to have been trafficked and exploited was due to the many children her parents have and for which they could not provide the basic necessities of life.

#### **4.7.11 Art Therapy Session Eight**

##### **4.7.11.1 Theme: What Makes You Happy**

The research has established the efficacy of drawing and Art Therapy as integral to healing the damaged inner world of any individual that was caused by trauma. This loud observation was premised on the outcome of varied traumatic releases my clients gained through each Art Therapy sessions held. The flamboyant expressions of self-consciousness, dreams and self-discovery that led into confidence in the self were observed in their drawings. No wonder, (Kramer, 2000) held the stand that art has the propensity to mitigate and resolve the inner conflicts of the suffering individual and the intuitive cravings and requirements of the environment. The drawings on the theme “Draw What Makes You Happy” produced by these clients, represented their primitive passions for happiness which they have made available in their varied visual statements deeply rooted in their respective life experiences on happiness, the researcher observed. These drawings demonstrated strongly the healing powers of Art Therapy which the researcher suggested

could be employed to mitigate the trauma experienced by rescued victims of human trafficking in Ghana.



**Plate 4.38 & Plate 4.39: What Makes You Happy**

These drawings as indicated in Plate 4.38-Plate 4.45 have displayed varied interpretation of their inner release. In Plate 4.38, the extroverted artist made representation of her intention of becoming an independent hairdresser having her own salon equipped with the requisite gadgets. Her composition has portrayed her beautiful dream of self-independence and economic emancipation. She also displayed her equipment such as hair-dryer, two chairs, hair washing basin coloured red, water container for her job also coloured yellow and a yellow pot for serving her customers with water; a typical Ghanaian culture of offering water to visitors. A green flower for decoration and a female customer with pink hair in pink dress to match. The artist also showed herself in her shop dressed in pink blouse on red skirt. The red colour of her dress related to her red hair washing basin as well

as the stand of her accessory box. The two chairs and the dryer coloured blue reflected her stability and her self-consciousness in that happy environment of her work as a beautician. Sublimation has actually occurred so healing has taken place in this artist.

All the remaining drawings reflected their stability and joy because they have been observed to have gained control of their lost life. In Plate 4.39 the introverted artist presented a rich content of her mono composition in blue that reflected her joy for her skill acquired as a seamstress by her sewing machine depicted placed at the top left, her shop positioned at the centre of the drawing. Her house and a box to keep her sewing materials, a ceiling fan to provide fresh air to her customer, a tree to provide shade and a stand-pipe to refresh her customers. The artist interestingly, placed herself at the right of her drawing. The items identified in this drawing and their placement and size projected the joy of the artist to have attained self-identity as demonstrated and this enabled her also to have control over her emotional environment. Placement of the figure at the right which represented the artist expressed control of her future as expressed by the Moschini's interpretation.

However, in Ghana especially in the Ewe context, interaction the researcher had with a prominent Ewe with in-depth knowledge and understanding of metaphors in symbol revealed that, house represented stability, continuity and identity of an individual. A tree stood for the strength and growth of the home. It also symbolised the male figure who is the shade of all the household members and this can be a father, husband uncle or a brother. Water also represented life for this reason it was the first gift to be offered any one

who entered the home of the Ewe, (S.K. Avevor, Personal Communication. December, 3 2016). Therefore, the deduction made was that, the artist was conscious of her emotional independence from any economic suppression an indication of a good life to be lived. The water to the artist represented the flourishing life she has been launched into as result of emancipation from trauma and its devastations and identities. The tree also represented her shade, inner strength, stability and vigour for her new life she had regained through the Art therapy. The houses in the drawing are also indicative of her re-connectivity to the stability and identity of belongingness she had enjoyed before the unfortunate disconnection that led to her being exploited.

These findings of the efficacy of art to healing the emotionally buttered and traumatized, self-lost human trafficked rescued victims, the Director of Operation Mobilisation Ghana (OM) on May 11th, 2016 originated a letter to the researcher titled Gratitude: Art Therapy Session”.

I am excited to express our gratitude to you for the great impact you have made on our skills training programme ... for victims of trafficking and people who have suffered trauma due to exploitation, victimisation and various forms of abuse. ... Your art therapy sessions with our girls have brought much change and enabled some of the girls to openly express themselves, share their problems and be able to let go their hurts, pains and forgive their offenders. Thank you again for helping us help ... to open up and healing her past. Several other young girls made several remarks how the session has helped them and we are excited to continue this with you for all our girls, our

team/volunteers and staff which I anticipate will be a great help. We all might have been abused in some way in the past or still face some abuse. In addition, this will help each of us to better understand the situation, appreciate and *value* the role of art therapy in our work among victims of human trafficking, traumatised children and those abused”, (C. A. Insaideo, 2016).



**Plate 4.40 & Plate 4.41: What Makes You Happy**

Freedom of the self and emotional stability was observed to run through all the remaining drawings captured under the theme draw what makes you happy. In Plate 4.40 the artist demonstrated her liberty and stability in her visual statement. Placement and size of characters identified in the composition are of relevance and related to her emotional state. She drew herself seated in the chair facing the right with a ceiling fan hanging above her and a yellow beaming sun positioned at the right just above the only house, facing her. At her back was placed, a tree and a clock placed at the top centre of the composition. The

clock in the drawing communicated the timely release and healing from trauma. The sun from the right was magnanimous for light, energy and this also represented the inward ability acquired through Art therapy to have obtained absolute healing. Symbolism of the sun was highly noted. This was discovered when the researcher interviewed a naturalist who identified with the sun as the highest reward from nature hence, all creation daily look up to the Creator the sun to shine metaphorically upon them and their children for them to see good in life. "...the sun is the mother and source of life and by her energy all living creatures crave" (K.S. Dzemehatu, Personal Communication, January, 12 2015). From the above discourse, the researcher adduced that the artist did acknowledge the new birth free from all the pangs of trauma as expressed in the drawing. The observation made was that, the new footing of freedom in life as discovered in the artist's drawing was premised on the effects of Art therapy to break deep into any traumatic underworld of suffering individuals, to remove entrenched pains and fix the abnormality without the slightest complaint. The art of drawing the researcher observed also to be one of the major keys to gaining ingress into the complexities of human emotions.



**Plate 4.42 & Plate 4.43: What Makes You Happy**

In Plate 4.42 the artist a 23 years Y from the Northern Ghana, expressed that going back home to meet her parents was what will make her happy. From her drawing several activities that depicted her having control over her future were observed. The placement of a female figure drawing water from a stand pipe at the right side of the viewer, as well as the male figure seated close a red coloured tree with a table served with food before him, and red coloured house placed at the top all fitted into the Moschini's definition of the artist self-control over her future concerns. Additionally, the blue roofed house at the left represented her calm connectivity to her environment of origin and this showed her blissful attachment to family life. The yellow coloured house the artist identified to the researcher as her shop, had a red table and on it were items display for sale.

This loud yellow and red depiction identified the joy and satisfaction of the extroverted artist in achieving economic freedom. The blue roofed house she identified to belong to her mother and the all red house at the right, her father. The window of the father was coloured blue and the wall as well as the mother's house painted in red. The blue in both houses represented the connection of peace and tranquillity she enjoyed with her parents in that environment. The composition also displayed the artist offering a blue outlined item to a female armless figure whom the artist identified as her poor mother. She mentioned to the researcher that, her mother was poor and vulnerable for this reason, she became easily convinced by the deceitful benefactress who lured and trafficked the artist to Kumasi and exploited her. She did add that, the gift to her mother was money to resource and protect from poverty so as to protect her siblings from human trafficking. The armless depiction of the mother was significant because it explained the disposition of her limitation of control of her environment which the artist indicated. In an interview with a Ghanaian elderly female traditionalist I gathered that, "symbolically, an armless person is limited physically, mentally, spiritually and socially that is why we have children who are to become our arms of strength when we grow old", (A.M. Awo-Afarebea, Personal Communications, November, 20 2015). At this point, the researcher understood the consciousness of Y to the requirement of her immediate environment and society. She became her strength, eye to see hence the provision of the monetary resource provided to her armless or limited mother in view to protect her from poverty. Sublimation in art, the researcher observed to take place in the scenario which magnified Art therapy as the most requisite remedy to trauma associated with human trafficking in Ghana.



**Plate 4.44 & Plate 4.45: What Makes You Happy**

The presentation of drawings by my clients exhibited the tremendous stability and self-consciousness they have gained which the research attributed to their healed emotional world. These works showed the radiance in their world. This observation, (Kramer, 2000) expounded that these drawings eternalized depiction of their inner world.

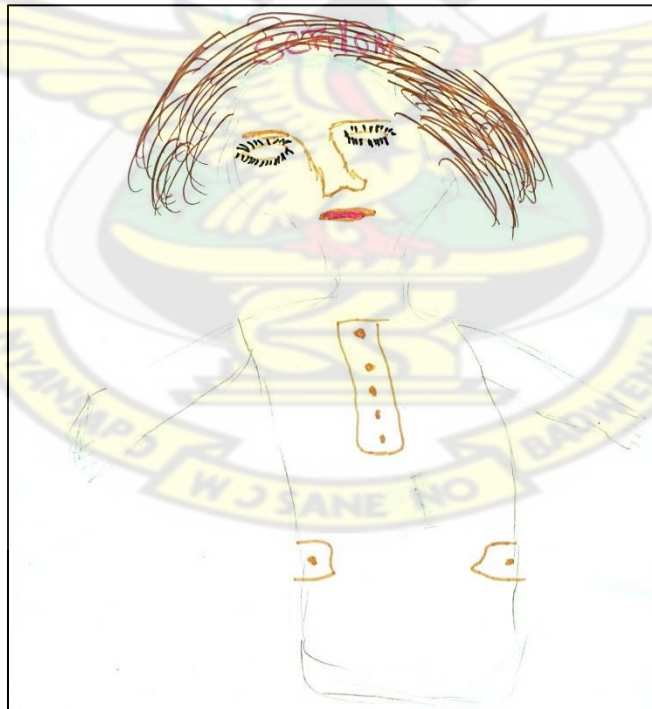
#### **4.8 Evidence of Art Therapy to Heal Traumatized Victims of Human Trafficking**

The study revealed that, Art Therapy through drawing was beneficial to traumatized victims who were taken through sessions. The realisation was that victims got traumatic releases tremendously just by drawing which was obvious. Importantly, the healing affecting attitudinal modification was enormous.

#### 4.8.1 Progression of Healing in Clients

The researcher has observed during the Art Therapy sessions that her clients have attained healing and release from their shattered inner world variedly. This she attributed to the access and connectivity they launched individually into their emotional space by means of the serenity of the artistic therapeutic environment created by the researcher as well as the unique healing prowess of the creative process, as Kramer identified and (Rubin, 2010) cited. The research has established the efficacy of Art Therapy as medicine in healing the emotionally battered, vandalised sufferers of trauma for which she has tendered the following awesome and mind blowing evidence to communicate lucidity to her stand.

#### 4.8.2 Case One: Draw What Makes You Afraid



**Plate 4.46: Draw What Makes You Afraid**

The above drawing of my client who was raped and abused by her father. This incestuous affair led to her pregnancy and the subsequent child bearing. She sought solace in a trusted friend only for her friend to sell her out to be trafficked to Ghana with her toddling child and forced into prostitution the same day she arrived in Kumasi but was fortunately, rescued. Analysis of her depiction of Draw What Makes You Afraid by (Moschini, 2005) interpretation was full of emotional imbalance and instability, fear, feeling of helplessness and immobility in her environment, confusion and thinking a lot, concealment and suppression of inner pain, deficiency of support and desire of maternal support since she was deprived of it since childhood. In fact, the identified descriptions projected her a very traumatised client. To the extent, she mentioned to the researcher that she wanted to end her life due to the shame and stigma. The medicinal qualities of art were observed when she got submerged during the process of drawing and the outcome reflected her profile which at the initial stages of the therapy, it was difficult for her to verbalized and was very withdrawn. K was observed to received stability after this session through the power and efficacy of the Art Therapy she accessed and had the opportunity and the platform of drawing. It was observed that she communicated her shattered emotional deprivation and limitations that caused her pains for which she suffered but could not speak about it. Additionally, the drawing space served as the medium of expression for this reason my client was also enabled to speak symbolically and she got released which effected a positive change in her demeanour, an evidence of art as healing.

#### 4.8.2.1 Case Two: Draw Your Dream

Drawing has been an effective tool that enabled this client to widen her collection of human experiences for which she created equivalents of her experiences in symbols; as expressed in her drawing, and this symbolic artistic power did evoke genuine emotions and feelings of reality in my client (Kramer, 2000). This drawing is created by the artist K. With her background of abuse, rape and incest that resulted to having a child with her biological father and the subsequent trafficking to Ghana with her child. In executing the theme Draw Your Dream, she expressed herself as seen in Plate 4.46.



**Plate 4.47: Draw Your dream**

Her drawing of a girl child who has a green head and hair, pink eyes and nose, red mouth, and the remaining part of the body drew in yellow ochre with an ochre star above the green hair. In post-drawing enquiry, she told the researcher one-on-one that, she gained a lot of strength in the previous Art Therapy session. According to her, the drawing represented her little child for whom she lost any interest and hope for her future. But through the Art Therapy session she had an awakening within her that in spite of the history surrounding her daughter's birth, she was born a star with a wonderful future. She continued that, the

green head and hair represented a very important colour within her ethnicity so, her daughter will become a national figure someday so, the star is on her to direct her to her destiny. She explained further that, the yellow ochre related to the beautiful complexion and honour of her child. The researcher observed the artist to have gained stability and confidence in herself. She was very interactive as compared to her initial withdrawn self.

The researcher has identified this finding to have a correlation with (Karkou & Glasman, 2004) and (Karkou & Sanderson, 2006), as cited in (Karkou, (2010) that Art therapy has a clear psychological intent of helping this client to effectively express and communicate deep emotions. For sure, through Art Therapy, the client was able to achieve self-actualization because the ego was assisted to synthesize through the artistic process of drawing, (Rubin, 2010).

#### **4.8.2.2 Case Three**

The researcher, a Commissioned Police Officer, in January 2016 encountered a female client who got traumatised in view of the fact that she was enjoying a romantic trip with her spouse when police intercepted their private car and arrested him for armed robbery. At the police station, my client got informed that the spouse was an arm robber and the private car they used was a snatched one. Hitherto, the spouse was known to be a medical officer. She became shocked to the reality of a criminal spouse. Subsequently, she suffered trauma and her dispositions were so severe due to her broken inner world. With permission from my superior, I took her to my office and offered her brief Art Therapy session. Premised on (Kramer, 2010) that Art Therapy has dwelled on wide range of theoretical background and adopts multifaceted means of practice. I set my side table as the therapeutic space.

Offered plain A4 sheets, red and blue pens as the available material. She was directed to pick any colour of the pen and kill whatever she hated about her spouse. She picked a red colour and scribbled. The intensity at which she scribbled, perspired and screamed persistently, explained absolutely, the pain and outburst of rage contained therein but through the creative process she had the platform to vent all such negative energies. The researcher's belief in the healing power of art was in place (Kramer, 2000). The artist was observed to cry, as the researcher supported her by the serene artistic atmosphere created for her. She took another sheet of paper and continued but, the intensity and outburst of anger was reduced. Within 20mins of the therapy, she was relieved and gained her self-esteem and confidence back. She was observed during the process of the drawing to be so involved, pouring the rage and anger he would have poured on the spouse in reality onto her drawing and this development enabled her to sublimate.



**Plate 4.48: Case Three**

The quick Art therapy session gave support to my client's ego by use of drawing which promoted a psychological orientation that offered enough stability for this individual to be able to function and not relapse with the demands of her environment (Kramer, 2000).

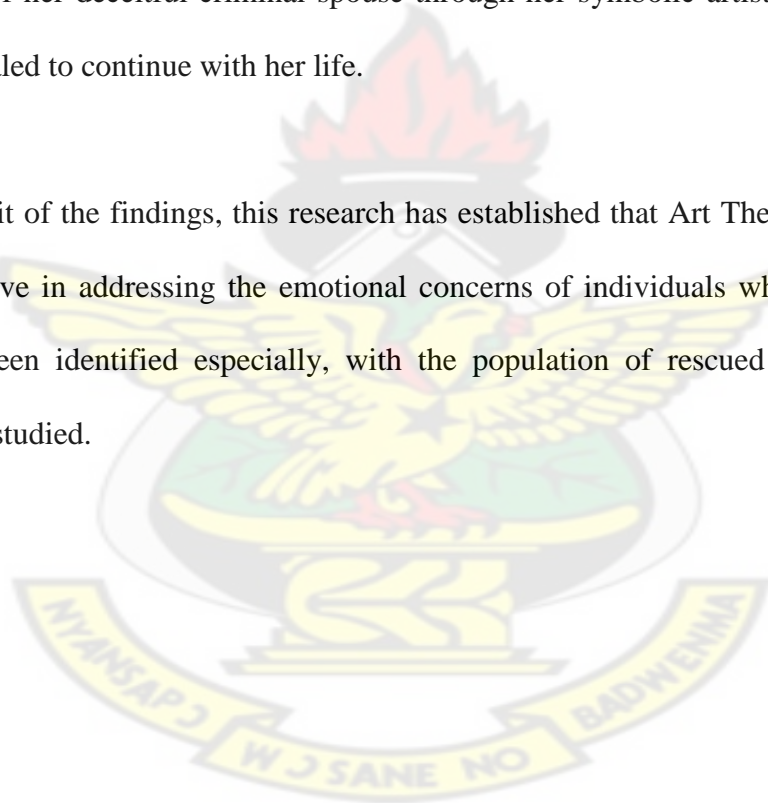


**Plate 4.49: Case Three**

Three days after the artistic interaction, relatives of the client came to enquire about the medicine I gave the client. Their reason was that she could not sleep nor eat ever since she discovered that her spouse was a criminal. However, after the time she spent with me alone, when they got home, she demanded for food and also slept soundly to their amazement and also behaved as if nothing happened at all. In fact, I told them about the efficacy of Art Therapy in healing the emotionally wounded. No wonder, (Kramer, 2000) expressed the opinion that in Art Therapy session, the victim was the artist who showed capacity to solve the conflict that existed between the demands of her impulses and that of the superego, as well as that of reality and fantasies which my client represented in the art making.

The researcher observed that, this client had her emotional relief through just one Art Therapy session, which was just 20mins. The deduction made was that, in Art Therapy, emotionally battered clients can attain redress and healing when the environment is created for them to speak out and make profound statements which hitherto they could not verbally express. The findings in Case Three have proven that traumatized victims have challenge of verbal communication effectively. However, through the platform of drawing they are encouraged to make their statement in symbols as this client just killed the injurious memories of her deceitful criminal spouse through her symbolic artistic presentation and she was healed to continue with her life.

On the merit of the findings, this research has established that Art Therapy is healing and very effective in addressing the emotional concerns of individuals who suffered trauma. This has been identified especially, with the population of rescued victims of human trafficking studied.



## CHAPTER FIVE

### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.1 Overview

This study explored Art Therapy to mitigate the trauma experienced by human trafficked victims within Ghana and Kumasi Metropolis was the case for the research. This chapter present the summary of findings of the research, conclusions drawn and the recommendations made by the researcher in relation to the objectives of this study as follows:

1. To describe the causes of human trafficking and their types in the Kumasi Metropolis.
2. To examine the existing politico-social interventions and their effectiveness in dealing with the trauma associated with human trafficking.
3. To determine how Art Therapy can be used to assist victims of human trafficking recover from their trauma

#### 5.1.1 Summary of Principal Findings

1. This study has established Human trafficking as a dehumanizing activity that robbed victims of their dignity of humanity and reduced them into common commodities for which profit has been maximized by criminal that venture into the business of human trafficking.
2. In Ghana, this study has proven that the crime strives and the causes that attributed to this phenomenon are poverty, religious issues, gender roles and abusive parents.

### **5.1.2 Objective One**

#### **To Describe the Causes of Human Trafficking and Their Types**

##### **Findings:**

1. Poverty has been identified as the major cause that facilitate the growth of the crime of human trafficking in Ghana and though several measures have been put in place to check the commission of this crime, family members of victims; rather lure them and push them into the hands of traffickers who presented themselves as benevolent persons with the intention of assisting these vulnerable victims in the urban areas for them to earn a living for the overall good of victims' family. Unfortunately, these victims were deceived and exploited through various dehumanized ways. Most affected areas prone to human trafficking were the Northern Region, Upper East and Upper West Regions of Ghana. This was premised on the fact that 78.9% of the population of rescued human trafficked victims studied came from the three northern regions of Ghana. It was also identified that their vulnerability to human trafficking was poverty related.
2. Religion has played dominant role in shaping the life and conduct of many in Ghana. However, stringent observation of religious rituals which parents forced on their children has been identified as another cause of human trafficking in Ghana. The electronic media has exposed most people in Ghana to a wide range of religious activities in the world in view of freedom of choice in worship and this has caused adulteration in the routine religious worship of any sort. Therefore, the rigid enforcement of these observances with least moderation was

seen to have contributed to the vulnerability stage of these victims that enhanced trafficking.

3. Another identified cause to human trafficking is the gender roles parents or relative assign to both female and male children in the home or community. This research has established that, most victims studied were lured into human trafficking in order for them to earn income for the upkeep of their male siblings. Especially their payment of school fees of the male children. At some instances, the money remitted was used to put the male children to learning trade or as capital for their businesses. This development, the research proved has predisposed these female victims to a lot vulnerability and the attendant human trafficking.
4. Most victims found themselves in the net of trafficking due to the abusive home they come from. Some of the victims the research identified escaped from home to seek safe refuge in the city but ended up in wrong hands and were sold out to traffickers for exploitation. Parental neglect of these girl victims forced them out of home and some ended up as child prostitutes operating in cheap hotels at Asafo BB and Kajetia. The study revealed that 21 out of 23 respondents representing 91.3% of the Child prostitutes' population were exploited in this type of human trafficking.
5. The research has noted that in Ghana, the most predominant type of human trafficking is domestic servitude. Most victims were trafficked from the Northern Region, Upper West and Upper East Regions and were exploited as maidservants in the various homes of their exploiters. If they have no use for

their services, the traffickers resold them to domestic usage in other locations within the city where their services were demanded. These criminals also obtained a higher percentage of their income and also deceived them that they were operating “Susu” (keeping their income in the bank for them). This research has indicated that 50% of victim population studied have been exploited through domestic servitude in Ghana.

6. Cheap labour was one of the prominent features identified with human traffickers. Some victims were exploited and were used as labourers tasked to do difficult jobs as carrying of goods from one location to another. Others were engaged as construction hands and denied wages due them so, were cheated. Some were also used as cleaners and some others do menial jobs for their owners. The research has established 28.6% of the population were exploited in this type of human trafficking.
7. The other types of human trafficking represented 21.4% included victims having been used as errand runners in shops of their owners while the rest operated sex trade.
8. The research has established that commercial sex has high patronage within the Kumasi Metropolis at vantage points. A well-structured Adum, Prostitute Community was under the control of Pimps and Madams who recruit female victims mostly from Nigeria to work for them as prostitutes. These victims were under oath of Vudu and other deities so it became difficult for them to escape from exploitation. Though some were freed after paying their dues they were

still trapped into the sex trade so they could make money for themselves. Some others were found to practise as their profession.

9. However, the Vienna-City Prostitute Community was a free for all business centre. There was no direct control of the prostitutes who floated from various towns, villages and from within the Kumasi city including Nigerian indigenes to do very fast sexual business. Interestingly, the Madams indirectly control their members from evading daily sales so, planted informants among them. The prostitutes serviced their male clients anywhere. Thus, behind fence walls, in the bush, in the cars of these men, or in dark places and only few of them were taken to hotels or home to offer the sex services.
10. Child-Prostitution was found to thrive at Asafo market slum opposite the Neoplan Station in Kumasi. Young girls aged 12- 16 were found as prostitutes. Some were free but others were controlled by their Madams whom they work for. The study established that, the clients were mostly, drivers-mate, Galamsey men, including the Chinese, as well as all class of men. The Asafo BB cheap hotel made of wooden structure was mostly where these girls patronized. The phenomenon of Child-Prostitutes also prevailed at Kejetia. The research found that, girls between the ages of 12-17 practiced prostitution at Kejetia Lorry Station. Kejetia was found to be the central point to transportation within Kumasi and its environs. Men of all class formed the clients of these girls. However, some of these girls preferred Chinese than the locals because they pay more. Unfortunately, some of the girls did not use condoms because their customers wanted the sex without it.

11. The study has identified the Kumasi Railways Station as a Child-Prostitution Centre. The Railway Station was located within Adum being the centre of commerce in Kumasi. In the night, some men both married and single went for these girls for sexual services at meagre cost. Some of these girls also made the Kumasi Railway Station their home and others sleep at Asafo BB during the day for a fee. They pay revenue to their Madams for protection. Unfortunately, all these Child-Prostitutes from all the above locations, migrated from all over Ghana after they escaped from home premised on varied reasons such as harsh and abusive parents, parental neglect and poverty but got to wrong hands who manipulated them for sexual exploitation.

**5.1.3 To examine the existing politico-social interventions and their effectiveness in dealing with the trauma associated with human trafficking.**

**Findings:**

1. The 1992 Constitution of Ghana did offer the human trafficked victims many interventions that included; fundamental human rights and freedom, protection of life, protection of personal liberty, respect for human dignity and protection from slavery and forced labour. For which reason, trafficking in person is an illegality.
2. Another social intervention identified was the Human Trafficking (Act 694 of 2005; and L.I. 2219 of 2015) which specified mandatory requirement for the Ministry of Gender, Children and Social Protection to rescue victims of human trafficking and provide them temporary care- shelter, medical attention, food, clothes etc. Unfortunately, the Social Protection has shelter for only children but

not adults and this posed great challenge to the police when they have rescued adult victims.

3. The Social Protection office was to offer counselling services to these victims to enable them heal from trauma so as to be integrated into their families. This office has challenges that limited their discharge of their mandatory role in assisting these victims. The Social Protection office has inadequate counsellors, no counselling room. They are also inadequately funded. Logistics is also a challenge. The office has few computers and one car available. This development made it difficult for the officials to trace the family members of victims though the law required that. Rehabilitation of victims was not effective because of lack of adequate funding and logistic supply to that office. The law frowns on publication that reveals the identity of victims of human trafficking in Ghana.
4. Though there were some social interventions available as indicated, they were not effective in dealing with the trauma of these victims. Also the ineffectiveness of these interventions were due to the many constraints suffered by the Social Protection office in relation to inadequate counsellors to offer services to traumatized victims to facilitate their healing. Besides, there were no counselling rooms for the counselling services to be offered.
5. The entrenched limitation of the Social welfare to shelter adult victims and also feed them temporarily, has become a challenge to the AHTU Police in their rescue operations; in that there were no shelter or safe-home for the adult rescued victims to be accommodated. There were no qualified counsellors assigned to the AHTU to offer the necessary counselling to the victims rescued by the police. Besides, there

was no proper coordination between the agencies of state that deal in human traffic matters. Therefore, though the laws mandated that these interventions be offered victims, implementation of these requirements was not effective to a large extent.

#### **5.1.4 To determine how Art Therapy can be used to assist victims of human trafficking recover from their trauma**

##### **Findings:**

This study has revealed the efficacy and curative powers of art to break through the emotional wall of defences of human trafficked victims who suffered trauma. Through drawings with the requisite themes, in response to mitigating the emotional requirement of these suffering victims, the research has established that Art Therapy is the key to entering the barricaded emotional world of trauma victims spontaneously, without any hurt.

##### **Warm-Ups**

1. In the first session of Art Therapy, the human trafficked victims were found to be very apprehensive and exhibited varied levels of attitudinal and emotional inconsistencies due to trauma. They saw the researcher as a stranger and an intruder into their community whereas, others were observed to be emotionally shocked at her presence. Through warm up exercises these traumatised clients were found to loosen up and this did defuse the tense environment and enabled the researcher to gain ingress into their world.
2. During the warm up exercise, the victims who were hitherto, restrictive, timid, uncooperative and inattentive were observed to have lost their borders and

interacted well with other group members confirming the stand of (Bulchalter, 2004) that warm-ups relieve traumatised clients of their apprehension and also help them to relate effectively. The researcher observed also that the warm ups got victims shed off some level of stress and enabled them to regain some control of their lost life. This was revealed in the manner in which they admired and appreciated their art works heartily without any inhibition of trauma. Interestingly, the researcher noticed that, some of the victims received inner healing just by the admiration and attention they gave to the artworks they have produced through these warm-ups. This was heightened during post drawing enquiry; when they displayed and talked about items and figure they identified in their works.

3. The study revealed that through warm-ups exercises, victims of trauma received growth in their inner-self that effected a change in their emotions. The traumatised human trafficked victims were observed to have accessed inner healing and the simultaneous change of their traumatic manifestations. It was further observed that, these victims showed some level of stability and independence devoid of any traumatic dispositions as they spoke individually about the items identified in their respective works as well as the meanings. It was also noticed that hitherto, uncompromising and almost chaos atmosphere created by victims' manifestation of traumatic characteristics changed to calmness as they got deeply lost unconsciously in producing the artworks.
4. Calmness was observed in them as compared with victims/clients earlier apprehensiveness and exhibition of varied degrees of attitudinal and emotional inconsistencies due to trauma because they saw the researcher as an intruder into

their world; during the earlier stages of the first session of the Art Therapy. The above development identified Art Therapy as an effective remedy to trauma experienced by victims of human traffic.

5. The researcher observed that the 7 minutes' warm-up exercise on the theme "Scribble and Colour" during the second session, brought varied release to the victims of human traffic as depicted in their art works. During the warm ups victims were observed not to be relaxed and their fragile, highly sensitive apprehensiveness (Buchalter, 2004) was consumed by the serenity of the artistic environment. This was very instrumental in effective group communication that expedited their growth in healing. Their choice of colour and rendering of work showed an improvement of their confidence level and indication of a less traumatic strain. The artworks produced at this level also displayed their inner dispositions which was fruitful for the actual session to take off. Kaplan (2000) attested that even if these art works have limited symbolic content, they still have the ability and potential to offer therapeutic release to the individual artists that made them.

#### **5.1.4.1 Theme: Draw What You Want**

The study has demonstrated the efficacy of Art Therapy of Drawing as a relevant tool that was adequate which also served as the necessary platform that allowed these human trafficked traumatised victims to express the occurrences concealed within their inner turbulent and confused world. This theme gave the client/victims enough therapeutic space to explore their respective inner characters which they have brought out through the artworks produced. They were observed to have rediscovered some amount of their natural

temperament which saw an improvement in group interaction. The researcher observed serenity in the victims/clients as they indulged in the artistic production of ‘draw what you want’.

It was also realised that victims were healed further as they exhibited another dimension of traumatic release.

#### **5.1.4.2 Theme: Draw What Makes You Afraid**

The research has established that fear is associated with trauma. The researcher observed that most of the clients became suddenly withdrawn and became quiet when the theme ‘Draw What Makes You Afraid’ was introduced. The theme was seen to have triggered their traumatic memory of fear and panic for which they got frozen and lost, notwithstanding, the previous sessions of Art therapy offered for which they shredded some level of trauma and got some healing which was observed through the rapid and positive attitude they have expressed. This informed the researcher that trauma was imbedded in layers within the emotional space of these rescued human traffic clients for this reason drawing was the key to scrape these trauma layers. When encouraged to draw, they were observed to have gained some amount of control during the drawing and eventually all such trauma dispositions were diminished.

The research has identified that, words have the energy to reawaken suppressed traumatic memories in victims of trauma because the theme and the drawing activity; actually, did reconnect them to their individually suppressed traumatic identities and memories but art of drawing coupled with the therapeutic stage, provided them with the artistic avenue to

face their dread or fear that precipitated experiences of trauma in them. They assessed another level of healing after the session.

#### **5.1.4.3 Theme: Draw Your Pain**

The study has established that Art Therapy by means of drawing held the trump-card to dealing with trauma. When the clients were introduced to the directed theme of “Draw What Makes You Afraid” in the fourth session of the Art Therapy service. Some beautiful confusion was experienced. Most of the victims momentarily, display some strange dispositions. Some shouted, others yelled at one another, whereas some of them blamed others for their predicament, some left the space and came back, and after 11min. this beautiful confusion which was a phase of emotional healing came to a halt naturally. These unconscious manifestation of trauma was an indication that, the theme which was verbally introduced, actually, did connect them to the event that led to that coatings of trauma in them. Interestingly, they got consumed absolutely, in their drawing activity.

These clients were observed to give deep meaning to items identified in their works which related to their respective circumstances when they talked about their works. This enabled me to break the line of the self and trauma and entered their trauma defense zones and shredded some identities of trauma in them as captured in their artworks.

#### **5.1.4.4 Theme: Draw your Dream**

The researcher noticed an appreciable growth in the emotional stability of these victims. This growth reflected in their interactions with other group members. The researcher also observed that the victims have accepted her not as an outsider or stranger but as a member

of the group and this improved their communication with her. This was in view of their demeanour of openness in asking questions. This was an indication that several walls of traumatic defenses were destroyed and this facilitated my clients' self-recognition and identity. This development was also observed by their supervisor who intimated that ever since, these human trafficked victims have gone through Art therapy sessions, great improvement have been observed in them. Those of them who were timid and withdrawn are now very sociable and almost all of them have shown their true nature. The chaperon also reported that my clients have changed and do not shout and quarrel any longer but have increased appetite and good interpersonal interaction as compared to their past in the safe home. The researcher took advantage of the emotional healing her clients have accessed to this level and reconnected them back to their life aspiration therefore, the theme Draw Your Dream was introduced and they were observed to have recovered and regained their positive self-image, self-esteem, self-worth which were seen in the confidence they exuded as they talked about their work.

It was evident that Art Therapy of drawing has restored to these victims all their suppressed, disconnected aspiration and resurrected the non-living aspects in their lives for which they were previously, traumatized.

#### **5.1.4.5 Theme: Draw Your Family**

Family life held very important emphasis in daily routine of Ghanaian especially so, the female gender. To access the relevant attachment my clients ascribed to family life so as to determine their level of healing off trauma the theme "Draw Your Family" was introduced.

During this session clients were observed to have expressed another outpour of their inner expressions which were not accessible earlier because such contents were concealed and repressed aspects of their life. The energy and interest demonstrated in executing the theme “Draw Your Family” has further revealed Art Therapy to offer a rapid remedy to the traumatized human traffic victims in Ghana.

The artworks enlisted incredible value of art in healing their emotions and this was noted when these victims exuded confidence as they talked about their work with implicit comprehension. Most single victims expressed their interest to have a small family to enable them care properly for them unlike their parents who had large family sizes but could not care properly for them leading to their vulnerability.

The emotional healing and restoration of the lost-self accessed by these clients through their artworks and the post drawing enquiries were very impressive. The researcher identified drawing within the therapeutic space to have a spiritual connection that facilitates very deep communication which are more prominent when verbalized.

#### **5.1.4.6 Theme: Imagine Your Future and Draw**

The theme “Imagine Your Future and Draw”, was to stretch their imaginative ability and this made it possible for the researcher to have a deeper understanding of their healed emotions through both qualitative and quantitative information gathered for analysis through their drawings and post drawing enquiries.

The researcher noticed that these victims have shredded a lot of trauma dispositions for which they have gained and maintained emotional strength and stability which was observed in the manner they conduct themselves in the group.

The emotional healing attained through the Art Therapy sessions enabled respondents to attain normal life functioning as compared to the distortions displayed before the Art Therapy intervention was offered. These observed phenomena transcended the therapeutic space of the session to their immediate environment- the safe home, as noted by the management of the NGO that sheltered them. Once more, the efficacy of art was manifested in dealing with the trauma associated with human trafficking in Ghana.

The liberating emerging of Art Therapy fascinated the Chaperon who admitted that *“Most of our girls have expressed interest in going back to their family to practice the skill they have acquired. This has surprised me because before you started the Art Therapy most of them never want to go home because they saw themselves as worthless and feared to be integrated into their families due to this I have been offering them Biblical counselling and praying with them. However, they have shown enough courage now to go back to their families, Art is powerful”*. The above instances further allowed me to, explore their inner world and their level of emotional healing which were communicated expressively in the visual art works they have produced.

#### **5.1.4.7 Theme: Draw What Makes You Happy**

The study has established the efficacy of drawing and Art Therapy as central to healing the damaged inner world of human trafficked traumatized rescued victims in Ghana. However, to inflate her curiosity, which was founded on the outcomes of varied traumatic releases the respondents accessed through each Art Therapy session was remarkable. The theme *“Draw What Makes You Happy”* revealed the potency of Art Therapy in dealing with trauma associated with human trafficked victims.

Victims' expressions of self-consciousness, dreams, self-discovery and self-actualization and attainment led to confidence in the self, which were observed in their drawings and post-drawing enquiry when they spoke and expressed the meanings they have ascribed individually to their drawings. Freedom of the self and emotional stability were observed to run through all the remaining drawings captured under the theme draw what makes you happy.

#### **5.1.5 Evidence of Art Therapy to Heal Traumatized Victims of Human Trafficking**

The efficacy of Art Therapy in dealing with the trauma associated with human trafficking has been adequately expressed in the discussion presented. Notwithstanding, this research has identified that the usefulness of Art Therapy was not limited to only dealing with human trafficked rescued victims who suffered trauma but it is also equally, efficacious in dealing with any kind of emotional trauma as depicted in appendix D&E.

The research has established that the healing process of these victims varied. Some respondents gained emotional releases faster through the intervention of Art therapy whereas, others got their release slowly. This progression of emotional healing was attributed mostly to victims' level of emotional connectivity within their emotional space into the therapeutic process through Art Therapy. The therapeutic environment offered calmness that was conveyed through the drawings to effect healing in their turbulent inner world. Here, spirituality of communication through Art Therapy was observed. Voiceless clients who could not verbalized their damaged world caused by trauma for which there were powerless to overcome its effects; through Art Therapy were able to transmit such

disturbing information into their drawings. Art Therapy has therefore, given back to my clients their lost life and hope to live as normal human beings with the power of self-confidence. Surely, Art Therapy has intervened in the traumatic circumstances of the rescued human trafficked victims who were offered the service.

## **5.2 Conclusions**

The study has presented evidence and established that the crime of human trafficking was prevalent in Ghana. The research identified poverty, religious issues, gender roles and abusive parents as the major causes of human trafficking in Ghana. The types practiced in Ghana were domestic servitude, cheap labour, and commercial sex.

Child prostitution was dominant at Asafo Market slum opposite the Neoplan Station, the Kajetia Transport Terminal and the Railways Station in Kumasi. The victims of Child-Prostitution migrated from all over Ghana.

The social interventions available for victims of human trafficking were inadequate and ineffective in dealing with the trauma associated with human trafficking. The Social Protection under the Ministry of Gender, Children and Social Protection, was under resourced in terms of human and logistics. The Social Protection department was constrained to effectively, perform their legitimate services. Importantly, they lack a safe home for adults and also, there were no Counselling-Room to enable them offer professional counselling services to the rescued human trafficked victims. The research identified that no professional counsellor was attached to the AHTU of the Ghana Police to

offer any remedial services to the traumatized victims rescued by the public or the police to the station.

The use of Art Therapy was effective as an intervention that remedied the trauma of the rescued human trafficked victims. It was cost effective service that is not limited to a specific space for practice. The drawings of clients demonstrated strongly the healing powers of Art Therapy. It is curative medicine for emotional instability caused by trauma. The research also established Art Therapy as the boundary-less user-friendly service that cut across all religion, creed and any form of belief system. It has a universal potency in service delivery to self-lost and emotionally buttered individuals who through trauma have lost the will of the self to identify of who they were or stood for. In sum, the study has positively announced that, Art Therapy is the hope for trauma victims of human trafficking with no side effect attached. The healing potentials of Art therapy can equally, be extended to any form of emotional trauma for emotional release leading to healing as was in the case of the client/artist see Appendixes C, D& E.

### **5.3 Recommendations**

In response to the findings of this study, which established that the menace of human trafficking is prevalent in Ghana with its attendant exploitation of the various forms that also enveloped children into prostitution. The following recommendations are presented to Government of Ghana, State Agencies and players, the National House of Chiefs and Queen Mothers, the various Councils of Churches in Ghana, the Ghana Education Service, the Home and all well-meaning Ghanaians.

### 5.3.1 Poverty

- Poverty was the major cause of human trafficking in Ghana for which reason most parents have through vulnerability and ignorance sold out their children to criminal gangs for exploitation.
- It is recommended that the Government of Ghana (GoG) as a matter of urgency prioritize the three Northern Regions of Ghana in terms of developing the area and open it up for job creation.
- Notably, Ghanaians from these three Northern Regions are traditional farmers so the State has to establish them in their known domain, by offering them training and skills in modern agricultural practices.
- The Ghanaian Government through the Agriculture Extension officers should register these farmers into cooperatives and provide them with seed for cultivation as well as less interest loans to enable them fully indulged in their farming activities.
- The State should also purchase readily the produce of these cooperative farmers which will earn them income to fend for their families and also pay back their loans to the state.
- To prevent post-harvest losses, the GoG should set up local industries to process this farm produce into a finish product. For instance, cassava into starch, gari or cassava-dough. Millet and corn into flakes, flour or whatever consumable eaten by Ghanaians. Tomatoes could be process into tin tomatoes, puree or powered-tomatoes to feed the local market.

- Importantly, government policies should be advanced for these Ghanaian grown foods be purchased and supplied to all institutions of learning that benefit from State subvention. The academies of the security services in Ghana should not be left out.
- Poverty alleviation policies such as the Savannah Accelerated Development Authority (SADA) and the Livelihood, Empowerment Against Poverty (LEAP) should be revamped to the benefit of the three Northern Regions of Ghana.

### **5.3.2 Religious Issues**

- Religion and belief in the supreme being is fundamental to the upbringing of the Ghanaian child. Premised on this background most Ghanaians practice religion which allowed for religious pluralism and tolerance. Unfortunately, some rigid religious observations forced on young women and girls by their parents; in the instance of marriage, education and other options of life should be checked.
- The National Commission on Civic Education (NCCE) should be resourced to offer intensive public education on the right and privileges as enshrined in the 1992 constitution of Ghana in relation to freedom of association and religion.
- The Ghana Police Service should be resourced through intensive training on human trafficking and the provision of the requisite logistics base to enforce the human traffic law to its logical conclusion devoid of political interferences and intimidation.

### 5.3.3 Gender Roles

- Gender inequality in terms of roles assign to female and male children in the home have contributed to the immigration of female children from the three Northern Regions of Ghana to the south for greener pastures; only to be trafficked and exploited. The school should design innovative courses to magnify the equality of both boys and girls in relation to chores perform in the home, life aspirations and their attainment available for both sexes.
- The National House of Chiefs/Queen-Mothers should be encouraged to educate their communities on the stereotypes limiting women and girls' development in their respective communities as the following:
  - a. Parents should be educated on the importance and benefits of the Girl-child education.
  - b. The female child should be encouraged and allowed to have the same space to develop just like the male child.
  - c. The female child should be allowed to have equal education and privileges just as her male siblings.
  - d. The Girl-Child should not be made to stay at home and perform chores as the male attends school.
  - e. Parents should be educated not to exploit the female child for financial rewards by pushing her to the south to seek greener pastures for the upkeep of the male child's education or marriage.
  - f. Parents should be encouraged to blend the traditional with the contemporary trend of child upbringing.

- g. Parents should be educated to appreciate the equality of both female and male children and offer them the same platform to compete for their respective status in life through education and equal opportunities.

#### **5.3.4 Abusive Parents**

Abusiveness of some parents contributed to some children to run away from home to seek a safe refuge from unknown sources only to be trafficked and exploited and pushed into child-prostitution and other attendant criminality associated with human trafficking. It is recommended that the Ministry of Gender, Children and Social Protection responsible for child protection should commit to their mandate and protect these vulnerable children.

- The Gender Ministry should build safe houses in all the regions where these girls could seek refuge and their cases attended to.
- Religious groups, Traditional leaders and NGOs should be assisted to interact with abusive home to give them both morale and material support.
- The NCCE, NGOs in association with the Gender Ministry should conduct massive education on child rights and abuse.
- The government of Ghana through the Gender ministry should provide social support to the parents of such abusive homes in terms of counselling/Art Therapy to address any emotional instability resulting to the abuse.
- The Ghana Police should be made to enforce the law to its merits.
- The Judicial Service of Ghana should be encouraged to promptly, deal with any of such cases presented at the law courts. The accelerated response to such cases will

express to a large extent the frown or displeasure Ghanaians attach to such abusiveness in the home.

### **5.3.5 Politico-Social Interventions Available to Victims of Human Trafficking**

Though the study has identified some social interventions meant to mitigate the trauma suffered by human trafficked victims. It was adduced that their implementation was not very effective in the circumstances of these victims for this reason; the intended outcome was almost illusive. The following recommendations are presented to the Government of Ghana through the Ministry of Gender, Children and Social Protection; which is responsible for human trafficking issues.

1. The major handicap identified to have flowed and featured prominently in the study in relation to social protection was the safe shelter to accommodate adult rescued victims of human trafficking. This phenomenon has posed a great challenge and demotivation for the security services in their rescuing efforts. It is therefore, suggested that, the Ghana Government through the Ministry of Gender to build a safe shelter each at the regional capitals of Ghana to facilitate the temporary care of rescued victims. This will enhance the operation of the Ghana Police and other security services in the fight against this contemporary slavery.
2. The Social Protection section of the Gender and Children Ministry was identified to be under resourced to effectively discharge its mandated role. It should be made attractive to the youth so that qualified interested professionals could be recruited to offer professional counselling services to the rescued human trafficked victims.

3. The Ministry of Gender, Children and Social Protection should supply logistics to the Social Protection urgently to revamp the section. Vehicles, computers, and current communication gadgets should be made available to them. This will enhance their service delivery to these traumatized victims in their custody.
4. The absence of Counselling-Room at the Social Protection the facilities has deflated to a very large extent the professional ethics of confidentiality between the counsellor and the client. It is therefore necessary for the Government of Ghana to build this facility to enhance counselling efforts; since the service dwell on confidentiality.
5. The Minister for Gender, Children and Social Protection should recruit and post qualified Art Therapists to all AHTU of the Ghana Police Service to offer professional service to the traumatized victims rescued to the unit. This will address the gap of inadequate counsellors and the misunderstanding of trauma dispositions exhibited by these rescued victims.

### **5.3.6 Art Therapy as Intervention to Mitigate Trauma Suffered by Human Trafficked Victims**

The law on human trafficking prescribed counselling as an intervention to alleviate suffering of trauma by human trafficked rescued victims to facilitate their integration. However, due to some hindrances identified by this study in relation to logistic constrains such as inadequate professional counsellors, non-availability of counselling-rooms to enable the Social Protection section offer this professional service to these victims to relieve them of their unstable emotions.

Very significantly, this study has also established Art Therapy as an effective tool to address the trauma suffered by these human trafficked victims who were rescued and offered Art Therapy. This service was identified to penetrate the restricted emotional environment of these sufferers of trauma and re-structured their emotional deficiencies and self-lost to normal expected human functioning. The spontaneous releases of trauma that led to emotional cure and stability was dramatic for which; through Art Therapy human trafficked rescued victims were the intervention of emotional health which the law sought counselling to have offered these sufferers of trauma.

Premised on the curative powers of Art Therapy through drawing, and its cost effectiveness and management in its operation; the following recommendations are made for consideration by the Government of Ghana in relation to adopting Art Therapy as a new intervention to compliment counselling to mitigate trauma caused by human trafficking.

1. Art Therapy can be practiced at any space as long as the therapist create the therapeutic environment to yield serenity for healing to be effected. Preferably, since both counselling and Art Therapy aimed at offering services to heal disturbed emotions; but counselling services was noted to have logistical constraints' in its implementation. Art Therapy should be adopted to assist victims with emotional needs.
2. Worm-ups in Art Therapy give some amount of relief to trauma victims and allow them to shred off some layers of trauma they suffer. In the interim the Ministry of Gender, Children and Social Protection could liaise with the Education Ministry for the recruitment of Art Therapists to be posted to the

AHTU of the Ghana Police Service in all the ten regions of Ghana to deliver the first aid Art Therapy services to human trafficked victims rescued to the unit. Similarly, the Ghana Immigration Service is equally involved in the fight of human trafficking so it will be appropriate that some of these Art Therapist could be posted there to deliver services to these victims.

3. Art Therapy has the positive energy to assist trauma victims face their dread which they communicate through drawing. The medium of drawing served the platform for trauma victims to ease their pain by unconsciously, pouring such inward pains onto the drawing space leading to healing. Since the Social Protection has no requisite facilities to offer professional counselling to human trafficked victims; the researcher is of the view that, provision should be made for Art Therapy to be offered clients in their custody to assist them come off trauma.
4. Through Art Therapy sessions, trauma clients were connected back to their lost dreams and aspirations of life because the fear and pain limiting them have been removed from their emotional space onto the drawing space. The miracle of emotional healing accessed in the sessions of Art Therapy, enabled those victims who felt hatred for their families had the inner strength to outlive their hatred and spontaneously required to be with their respective families. A requirement of the Human Traffic Law was that victims were to be offered counselling before integration is done. Here, Art Therapy offered this self-discovery for which clients submitted the need for reintegration into their respective families. The above circumstances the researcher admitted has drawn

attention to the necessity of the Gender Ministry adopting Art Therapy as the new tool to mitigate the suffering of trauma victims.

5. Imagination is a strong spice to life. Trauma did rob these victims of their imaginative ability; and isolated them from daily activities that offer happiness to them. The trauma they have experienced made them unproductive due to self-lost. This development subjected them to several handicaps and they could not contribute any quota meaningfully, to national development. However, through sessions of Art Therapy, these trauma victims have regained their imaginative powers to recreate their imaginative pleasantries' that positively, affects their happiness which diminished all their dispositions of trauma. Art Therapy is life and healing; for which reason it is imperative for the Government of Ghana to adopt it as the appropriate tool to compliment counselling in mitigating the trauma suffered by human trafficking victims in Ghana.

From the above discussions of findings, conclusions drawn and recommendations submitted, I am confident to say that Art Therapy is effective as an intervention to mitigate the trauma experienced by traumatized rescued victims of human trafficking in Ghana.

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# KNUST



## APPENDICES

### APPENDIX A & B

#### Survey Questionnaire

Dear Respondent,

Thank you for your participation in this study of Art Therapy as in Intervention to Mitigate the Traumatic Effects Experienced by Victims of Human Trafficking: Kumasi, Ghana. You have been nominated as a major Resource person by the researcher forwarding this questionnaire to you.

Our questions are largely not sensitive. However, should you find anything sensitive, please be assured that your responses would be treated with the strictest confidence. Please feel free to give us your fair assessment knowing that your responses would be treated confidentially.

Upon completion, please seal the survey in the enclosed envelope and return it to us through the researcher who nominated you. Alternatively, you may scan it and send it to us by email via [abaafarisarah@yahoo.com](mailto:abaafarisarah@yahoo.com)

This project is under the jurisdiction of KNUST and is guided by its protocols for best practice. Please be assured of the utmost confidentiality. Neither you nor your responses would, at any time, be identified in the results.

#### **GUIDELINES FOR COMPLETING THE QUESTIONNAIRE**

- This questionnaire may be completed by any Official of Children, Gender and Social Protection Ministry/Officials of Immigration Service/Social Workers/Clinical Psychologists/Art Lecturers/Counsellors/Officials of the Criminal Justice System-Police, Prison, and Judiciary.
- Each question has a set of statements and a list of numbered answer options. **Please choose an answer for every statement.**

**Once again, thank you for taking the time to participate in this study.**

Yours sincerely,

#### **Research Team**

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**Dr. Mavis Osei – KNUST**

**Dr. Akosua Tachie-Menson – KNUST**

Please indicate your consent for participation here: I agree  I disagree

KNUST



<p><b>This survey is part of a larger project investigating how Art Therapy Can be useful as an intervention tool to improve the traumatic effects for victims of Human Trafficking.</b></p> <p><b>Please use the questions that follow to give information regarding causes of Human trafficking and its traumatic effects.</b></p>							
<p><b>To answer the following please consider yourself to be speaking <u>on behalf of</u> your organization</b></p>	<p><i>Strongly Disagree</i></p>						<p><i>Strongly Agree</i></p>
<p>There is database of people who have been abused through human trafficking in your organization</p>	1	2	3	4	5	6	7
<p>If so, where is it located? Comments and Source:</p>							
<p>Human trafficking is recognized by the government (e.g. by establishing a National Body, adopting a National Plan or other policy on human trafficking or in a public policy statement)</p>	1	2	3	4	5	6	7
<p>If so, in what principal ways? Comments and Source:</p>							
<p>Which type of human trafficking have you/has your organization managed in recent times? <i>(Please tick the appropriate age range on your right)</i></p>	<p><input type="checkbox"/> Sex trade      <input type="checkbox"/> Domestic Servitude  <input type="checkbox"/> Labour (farms, work, etc.)  <input type="checkbox"/> Human transplant/ Body harvest      <input type="checkbox"/> Other(s)</p>						
<p><b>Please to what extent do you agree with the following areas in Ghana is prone to Human Trafficking</b></p>	<p><i>Strongly Disagree</i></p>						<p><i>Strongly Agree</i></p>
<p>Northern Ghana (Northern, Upper East and West Regions)</p>	1	2	3	4	5	6	7
<p>Middle Belt (Brong Ahafo, Ashanti, Eastern and Volta Regions)</p>	1	2	3	4	5	6	7
<p>Southern Ghana (Western, Central and Greater Accra regions)</p>	1	2	3	4	5	6	7

<b>Please to what extent do you agree with the following as general causes of Human Trafficking in Ghana?</b>	<b>Strongly Disagree</b>						<b>Strongly Agree</b>
Economic Causes	1	2	3	4	5	6	7
Social Exclusion Causes	1	2	3	4	5	6	7
Gender Discrimination causes	1	2	3	4	5	6	7
Political, legal and conflict causes	1	2	3	4	5	6	7
Behavioural causes	1	2	3	4	5	6	7
<b>Please to what extent do you agree with the following as instances that leads to Human Trafficking in Ghana?</b>	<b>Strongly Disagree</b>						<b>Strongly Agree</b>
Trafficked persons often make a conscious decision to go abroad hoping to find a better life.	1	2	3	4	5	6	7
Trafficked women are sometimes partly or fully aware of the possibility of being involved in commercial sex work.	1	2	3	4	5	6	7
Trafficked victims are mostly young, naïve and uneducated women from rural areas.	1	2	3	4	5	6	7
Trafficked persons receive good payments for their services and enjoy generous benefits.	1	2	3	4	5	6	7
Trafficked victims expect to be held as slaves and do not assume they will be choosing their working conditions.	1	2	3	4	5	6	7
<b>To what extent do you agree with following as effects of Human Trafficking in Ghana</b>	<b>Strongly Disagree</b>						<b>Strongly Agree</b>
Sexual abuse/exploitation.	1	2	3	4	5	6	7
Traumatic effects	1	2	3	4	5	6	7
Health risks/hazards	1	2	3	4	5	6	7
Physical violence	1	2	3	4	5	6	7
Psychological manipulations	1	2	3	4	5	6	7

Mental disorder	1	2	3	4	5	6	7
<b>Please <u>choose which ONE</u> represents your organization/your role.</b>							
1. Ministry of Children, Gender and Social Protection.	5. Criminal Justice system (Police, Prisons, lawyers, Judges, etc.)						
2. Immigration Service	6. Art Lecturers						
3. Social Welfare	7. Counsellors			8. Other,			
4. Clinical Psychologist	Please specify.....						
<p><b>This section relates to <u>the traumatic effects of human trafficking to victims</u> in which your organization or as a person you have witnessed (i.e. responded to and acted upon in the moment)</b></p> <p>To answer the questions that follow, please cast your mind to <u>the most recent event</u> in which your organization or as a person you have experienced a human trafficked person who has been traumatized.</p> <p style="text-align: center;"><b>Again, consider yourself to be <u>speaking on your own behalf/belief of your organization</u></b></p>							
<b>The last time you encountered a human trafficked person, you realised the following traumatic effects....</b>	<i>Strongly Disagree</i>			<i>Strongly Agree</i>			
Injured body as a result of physical violence.	1	2	3	4	5	6	7
Fear of strangers.	1	2	3	4	5	6	7
Social stigmatization.	1	2	3	4	5	6	7
Health hazards.	1	2	3	4	5	6	7
Mental disorder	1	2	3	4	5	6	7
Persistent crime.	1	2	3	4	5	6	7
Low self-esteem	1	2	3	4	5	6	7
Inconsistent attitudinal change	1	2	3	4	5	6	7
Withdrawal	1	2	3	4	5	6	7

Finally, please choose one option on each of the following questions to give us an idea of your perception as a respondent/your organization							
To answer the following, consider yourself to be acting as an individual/on behalf of your organization	Not at All						To an extreme extent
There are intervening programmes outlined for victims of human trafficking in Ghana.	1	2	3	4	5	6	7
Intervening programmes outlined for victims of Human trafficking helps to improve behavioural attitudes of victims.	1	2	3	4	5	6	7
Could you suggest any therapy that victims of human trafficking can go through to heal them from traumatic problems?							
This section relates to <b><u>using Art Therapy as a tool to help victims of human trafficking to heal faster.</u></b>							
<b>ART THERAPY</b>							
<i>Art therapy is a technique which combines art activities (symbols, drawings, colours, texts, songs, etc.) with verbal communication of a particular incidence to facilitate understanding of a person's issues and concerns. The person does not need any artistic ability. It is a technique that visibly shows persons what they are thinking and feeling, allows them to acknowledge and understand hidden thoughts and feelings.</i>							
Consider yourself to be speaking <b><u>on your own behalf/benefit of</u></b> your organization in considering Art Therapy as in Intervention to Mitigate the Traumatic Effects Experienced by Victims of Human Trafficking: Kumasi, Ghana.							
To what extent do you agree with the following?	Strongly Disagree						Strongly Agree
Art Therapy can heal people with emotional/psychological/physical problems faster.	1	2	3	4	5	6	7
Human trafficking victims can work through the art process for their intervention.	1	2	3	4	5	6	7
Using symbols and objects would help to understand human trafficking victims better.	1	2	3	4	5	6	7
Colours, texts, shapes and symbols can help to communicate to human trafficking victims effectively.	1	2	3	4	5	6	7
Human trafficking victims can comfortably try new things in Art Therapy sessions.	1	2	3	4	5	6	7

**DEMOGRAPHIC INFORMATION OF RESPONDENTS** *(Please tick the appropriate box where necessary)*

1. Profession/Occupation: .....
2. Number of years served [  ] Less than 1 year [  ] 1 – 3 years [  ] 3 – 5 years [  ] Above 5 years.
3. Sex: [  ] Male [  ] Female
4. Age: [  ] Below 25 years [  ] 25 – 30 years [  ] 31 – 35 years [  ] 36 – 40 years [  ] Above 40 years
5. Level of Education: [  ] Basic (Middle Sch/Prim/JHS) [  ] Secondary [  ] Tertiary

**Email** *(for sharing our findings with you):*

**Would you like to receive a summary of the study's findings?** [  ] **Yes** [  ] **No**

**Survey Code (For Researchers only):**



**Survey Questionnaire (Administered to Rescued Victims)**

Dear Respondent,

Thank you for your participation in this study of **Art Therapy as in Intervention to Mitigate the Traumatic Effects Experienced by Victims of Human Trafficking: Kumasi, Ghana**. You have been nominated as a major Resource person by the researcher forwarding this questionnaire to you.

Our questions are largely not sensitive. However, should you find anything sensitive, please be assured that your responses would be treated with the strictest confidence. Please feel free to give us your fair assessment knowing that your responses would be treated confidentially.

Upon completion, please seal the survey in the enclosed envelope and return it to us through the researcher who nominated you. Alternatively, you may scan it and send it to us by email via [abaafarisarah@yahoo.com](mailto:abaafarisarah@yahoo.com)

This project is under the jurisdiction of KNUST and is guided by its protocols for best practice. Please be assured of the utmost confidentiality. Neither you nor your responses would, at any time, be identified in the results.

**GUIDELINES FOR COMPLETING THE QUESTIONNAIRE**

- This questionnaire may be completed by any person who has been a victim of human trafficking before or a direct relative/friend of a victim.
- Each question has a set of statements and a list of numbered answer options. **Please choose an answer for every statement.**

**Once again, thank you for taking the time to participate in this study.**

Yours sincerely,

**Research Team**

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**Dr. Mavis Osei – KNUST**

**Dr. Akosua Tachie-Menson – KNUST**

Please indicate your consent for participation here: I agree  I disagree

**This survey is part of a larger project investigating how Art Therapy Can be useful as an intervention tool to alleviate the traumatic effects for victims of Human Trafficking.**

**Please use the questions that follow to give information regarding causes of Human trafficking and its traumatic effects.**

**To answer the following as a victim of human trafficking in Ghana**

<p>Which type of human trafficking were you involved in? <i>(Please tick the appropriate age range on your right)</i></p>	<p><input type="checkbox"/> Sex trade  <input type="checkbox"/> Domestic Servitude  <input type="checkbox"/> Labour (farms, work, etc.)  <input type="checkbox"/> Human transplant/  Body harvest  <input type="checkbox"/> Other(s)</p>						
<p>At what age were you trafficked? <i>(Please tick the appropriate age range on your right)</i></p>	<p><input type="checkbox"/> Below 10 years  <input type="checkbox"/> 10 to 20 years  <input type="checkbox"/> 21 to 30 years  <input type="checkbox"/> 31 to 40 years  <input type="checkbox"/> Above 40 years</p>						
<p>Who lured you into human trafficking?</p>	<p><input type="checkbox"/> Family Member  <input type="checkbox"/> Friend  <input type="checkbox"/> Stranger  <input type="checkbox"/> Media (Radio adverts, etc.)  <input type="checkbox"/> A Benevolent person in the community  <input type="checkbox"/> Other(s)</p>						
<p><b>Please, which area in Ghana were you trafficked from?</b></p>	<p><i>Strongly Disagree</i></p>						<p><i>Strongly Agree</i></p>
<p>Northern Ghana (Northern, Upper East and West Regions)</p>	1	2	3	4	5	6	7
<p>Middle Belt (Brong Ahafo, Ashanti, Eastern and Volta Regions)</p>	1	2	3	4	5	6	7
<p>Southern Ghana (Western, Central and Greater Accra regions)</p>	1	2	3	4	5	6	7

<b>Please to what extent do you agree with the following as the main reasons why you were lured into Human Trafficking in Ghana?</b>	<b>Strongly Disagree</b>						<b>Strongly Agree</b>
Death of parents	1	2	3	4	5	6	7
Poverty	1	2	3	4	5	6	7
Rejection by family (probably after pregnancy)	1	2	3	4	5	6	7
For change in environment	1	2	3	4	5	6	7
Conflict situations	1	2	3	4	5	6	7
Forced Marriages	1	2	3	4	5	6	7
Religious issues	1	2	3	4	5	6	7
Gender roles	1	2	3	4	5	6	7
Abusive parents	1	2	3	4	5	6	7
Low education	1	2	3	4	5	6	7
Naivety	1	2	3	4	5	6	7
Lack of Shelter	1	2	3	4	5	6	7
Other (Please specify)	1	2	3	4	5	6	7
Other (Please specify)	1	2	3	4	5	6	7
Other (Please specify)	1	2	3	4	5	6	7
<b>To what extent do you agree with following as effects of Human Trafficking that you have experienced or know about?</b>	<b>Strongly Disagree</b>						<b>Strongly Agree</b>
Sexual abuse/exploitation.	1	2	3	4	5	6	7
Traumatic effects	1	2	3	4	5	6	7

Health risks/hazards	1	2	3	4	5	6	7
Physical violence	1	2	3	4	5	6	7
Psychological manipulations	1	2	3	4	5	6	7
Mental disorder	1	2	3	4	5	6	7
<b>Please <u>choose which ONE</u> represents how you were rescued.</b>							
1. Self-running	5. NGO/International NGO						
2. Police intervention	6. Ghana Foreign Mission intervention						
3. Religious intervention	7. Family/Friends						
4. Media	8. Other, Please specify.....						
<b>This section relates to <u>the traumatic effects of human trafficking to victims</u> that as a person you have experienced</b>							
<b>Again, consider yourself to be speaking on your own behalf as a rescued victim of human trafficking</b>							
<b>The last time you were human trafficked, you realised the following traumatic effects....</b>	<b><i>Strongly Disagree</i></b>			<b><i>Strongly Agree</i></b>			
Injured body as a result of physical violence.	1	2	3	4	5	6	7
Fear of strangers.	1	2	3	4	5	6	7
Social stigmatization.	1	2	3	4	5	6	7
Health hazards.	1	2	3	4	5	6	7
Mental disorder	1	2	3	4	5	6	7
Persistent crime.	1	2	3	4	5	6	7
Demoralized victim.	1	2	3	4	5	6	7

Finally, please choose one option on each of the following questions to give us an idea of your perception as a human trafficking victim							
Answer the following as a human trafficking victim	<i>Not at All</i>						<i>To an extreme extent</i>
There are intervening programmes outlined for victims of human trafficking in Ghana.	1	2	3	4	5	6	7
Intervening programmes outlined for victims of Human trafficking helps to improve behavioural attitudes of offenders.	1	2	3	4	5	6	7
Could you suggest any therapy that victims of human trafficking can go through to heal them from traumatic problems?							
Currently, what are you doing in your new abode/institution in which you are been helped to overcome the trauma of human trafficking?	<input type="checkbox"/> Schooling <input type="checkbox"/> Learning new trade <input type="checkbox"/> Others, please specify ..... .....						
This section relates to <b><u>using Art Therapy as a tool to help victims of human trafficking to heal faster.</u></b>  <p style="text-align: center;"><b>ART THERAPY</b></p> <p style="text-align: center;"><i>Art therapy is a technique which combines art activities (symbols, drawings, colours, texts, songs, etc.) with verbal communication of a particular incidence to facilitate understanding of a person's issues and concerns. The person does not need any artistic ability. It is a technique that visibly shows persons what they are thinking and feeling, allows them to acknowledge and understand hidden thoughts and feelings.</i></p> <p style="text-align: center;">Consider yourself to be speaking <b><u>on your own behalf as a human trafficking victim</u></b> in considering Art Therapy as an Intervention to Mitigate the Traumatic Effects Experienced by Victims of Human Trafficking: Kumasi, Ghana.</p>							
To what extent do you agree with the following?	<i>Strongly Disagree</i>						<i>Strongly Agree</i>
Art Therapy can heal people with emotional/psychological/physical problems faster.	1	2	3	4	5	6	7

Human trafficking victims can work through the art process for their intervention.	1	2	3	4	5	6	7
Using symbols and objects would help to understand human trafficking victims better.	1	2	3	4	5	6	7
Colours, texts, shapes and symbols can help to communicate to human trafficking victims effectively.	1	2	3	4	5	6	7
Human trafficking victims can comfortably try new things in Art Therapy sessions.	1	2	3	4	5	6	7
Use of Art Therapy can help to communicate effectively	1	2	3	4	5	6	7

**DEMOGRAPHIC INFORMATION OF RESPONDENTS** *(Please tick the appropriate box where necessary)*

6. Sex:  Male  Female
7. Age:  Below 10 years  10 – 20 years  21 – 30 years  31 – 40 years  Above 40 years
8. Level of Education:  Illiterate  Basic (Middle Sch/Prim/JHS)  Secondary  Tertiary
9. Marital Status:  Single  Married  Divorced  Widowed  Orphaned
10. Religion:  Christian  Muslim  Traditionalist  Other Religion
11. Occupation/Job Background:  Student  Apprentice  Trader (Buying and Selling)  Learnt Trade  
 Farming  Others, please specify.....
12. What was your human trafficking experience? Can you narrate your story briefly?

**Survey Code (For Researchers only):**

## APPENDIX C



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Agric Development Bank

May 11, 2016

DSP Sara Aba Afari  
Divisional Crime Officer  
Ghana Police Service  
Kumasi Central Division

Dear DSP Sarah Aba

KNUST

### Gratitude: Art Therapy Session

I am excited to express our gratitude to you for the great impact you have made on our skills training programme. The programme is for victims of trafficking and people who have suffered trauma due to exploitation, victimisation and various forms of abuse. It is part of our Child Trafficking Prevention Project.

Your art therapy sessions with our girls have brought much change and enabled some of the girls to openly express themselves, share their problems and be able to let go their hurts, pains and forgive their offenders.

*DD is one of such girls who attended your art therapy session. She is a 25 year old exciting young lady from the Upper East Region. Her parents died when she was about two years. She was brought to the city by her uncle. DD says she suffered and had to do all the work in the house including taking care of the uncle's poultry farm. She would sleep as late as midnight and would be the first to wake up by 5am. She would then get to school at 9am after lessons had already begun. Mistreated by her uncle's wife, she was determined to be someone in the future. So she endured to complete her Junior High School and managed to enter Senior High School with some help from her uncle. Life became worse when she got admitted to SHS. Her school fees were unpaid and she was dropped from school. Hope closed its doors to DD. DD recounted how her uncle's wife hit her back with a hot iron she was using to iron the woman and her children cloth. Pointing to the scar at her back in tears, she vowed never to forgive and forget her pain and slavery in her own uncle's house. After attending the training session with you, DD realised it was not too late for dreams to come through. She learnt to forgive her abusers, and focus on her dreams.*

Thank you again for helping us help DD to open up and healing her past. Several other young girls made several remarks how the session has helped them and we are excited to continue this with you for all our girls, our team/volunteers and staff which I anticipate will be a great help.

We all might have been abused in some way in the past or still face some abuse. In addition, this will help each of us to better understand the situation, appreciate and value the role of art therapy in our work among victims of human trafficking, traumatised children and those abused.

Sincerely

Chris A. Insaideo  
Director, OM Ghana

*\* Serving and Mobilising the local Church for missions and community transformation \* Building the capacity of people through training and discipleship to passionately live and spread the Gospel \* Holistically improving the wellbeing of people by alleviating the difficulties people experience in a crisis situation through relief and disaster response \* Promoting and mobilising Prayer for missions\**

**APPENDIX D**



**APPENDIX E**

