

PSCP TIMES

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Why we gather

Kristine Boward, PsyD

It seems to me that humans have been balancing individual goals against the innate need to be part of a group from the beginning of time. In the earliest of time, collaboration and group formation lead to a higher likelihood of having food and shelter. As humanity evolved, group formation created a different kind of protection as groups became more defined by how one thought or acted. We could say that the motivation to join has followed a linear path in neat tandem with Maslow's hierarchy.

Perhaps the same evolution occurs when we explore what motivates us to join and be active in professional groups. Initially, we might be driven to join out of a wish for survival. For example, PSCP offers the opportunity to broaden your network and take charge of one's career. As we develop as professionals and we hit our career stride, the wish might shift to a wish to broaden one's knowledge base and compare

methods of practice. As one progresses to a more seasoned professional, many seek to pass on their knowledge and to mentor others, which contributes to a sense of generativity and satisfaction.

It is easy to overlook the tangible and intangible gains of being active in a professional group. I am grateful to PSCP for creating the space to really connect with many professionals. I feel like I have a better sense of what is happening in the field as well as what options might be available to me as a psychologist through my connected with PSCP. I also feel like I am a better clinician through attending peer supervision groups, consulting with other psychologists, and having a space to think through ethical concerns. I like knowing that I have a space in this psychological community and feeling connected to those doing similar things.

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That being said, joining PSCP is not what created my sense of connection and satisfaction. Becoming ACTIVE in PSCP did. I do not feel connected by paying my membership dues. I gain by joining a committee, attending board meetings, and going to networking and practice building events. I gain by taking the time to meet and connect to other members.

The PSCP elections are coming up shortly. We are seeking active board members, a treasurer, and a president-elect. PSCP is also looking for active committee members to get involved and have a say in the same and form of the organization. If you are interested in getting more out of your membership, let us know!

Kristine Boward, Psy.D

PSCP President

Human trafficking has far-reaching social impact

Erin Weaver, 21st Century Media

When considering sex trafficking, it's easy to name the impact it has on the victim. The victim is stripped entirely of rights, freedom and humanity. In many sex trafficking cases, women are physically branded with a tattoo, marking them as their pimp's property.

Women are beaten when they disobey the pimp or try to escape. There are countless reports of victims subjected to emotional abuse, in addition to physical battery and rape. This is the kind of harm that we, as outsiders, unfamiliar with the inner-workings of trafficking, can physically see.

That's according to Nita Belles, author of "In Our Backyard," an examination of human trafficking in the United States. However, she added that nothing can compare with the emotional and physical trauma sustained by sex trafficking victims.

"In my previous job, I worked with victims of domestic violence. I saw some pretty horrific domestic violence cases, but nothing compared to what I've seen in human trafficking," she said. "The impact trafficking

has on victims is more horrific than someone can possibly understand. The recovery is difficult, but it's not impossible. I know human trafficking survivors who have gone on to be very productive citizens."

The less obvious impact is the one trafficking has on the community — both big American cities and small suburban towns. Most Americans don't even believe trafficking is happening in this country. The longer this misconception lives on, the less that can be done to address it.

Belles said that trafficking is the second largest and fastest growing crime industry in the world, and its success is largely dependent on a lack of awareness by the community.

"By accepting human trafficking or just turning our heads, what we effectively do is put money in the pockets of the traffickers," Belles said. "All they ask us to do is do nothing — to look away or pretend it isn't happening."

The reality is that globally, there are 27 million victims of human trafficking and modern-day

slavery. U.S. Rep. Mike Fitzpatrick, R-8, who is active in campaigning for legislation to prevent trafficking, said that between 600,000 and 800,000 people are trafficked across the U.S. border; however, they are not the only victims.

“People think the trafficking victims are foreign-born, but that’s not the case,” Belles said. “A large percentage of the people trafficked in the U.S. are American-born citizens. This is a substantial number of the trafficking victims that are born here in our country.”

It should not be surprising that trafficking exists here in America, in suburbs and big cities alike, especially when considering what a huge financial operation trafficking is. Belles said that \$32 billion is spent on trafficking annually.

In her book, Belles writes that trafficking’s presence in America “makes sense if you think about it. Human trafficking follows money. America, being the richest nation in the world, stands to reward human traffickers with some of the highest profits anywhere.”

Financially speaking, human trafficking is a burden on the economy. Because it is a problem that operates so effectively under the radar, it is difficult to pinpoint how much trafficking costs America. However, a 2011 benefit-cost study conducted by the University of Minnesota’s Urban Research and Outreach-Engagement Center found that it costs Minnesota’s government more to do nothing about human trafficking than to institute prevention programs.

“Early intervention to avoid sex trading and trafficking of Minnesota’s female youth passes a rigorous benefit-cost test with a return on

investment of \$34 in benefit for each \$1 in cost,” states the report. “Therefore we find that it is in the best interest of Minnesota taxpayers to invest in prevention and early intervention services for runaway and/or homeless adolescent girls in the state who are at highest risk for sex trading and trafficking.”

Nationally, there are between 244,000 and 325,000 American youths at risk for sexual exploitation and sex trafficking every year. Belles said that until the society becomes more aware of trafficking and its wide reach across the country, little can be done to prevent the problem from persisting. The first and most important step is to raise awareness of trafficking and its presence in all corners of the country.

The misconception that trafficking is not a problem in America contributes to prolonging and allowing the expansion of sex trafficking. The presence of the problem impacts society at large, harming even those who are unfamiliar with trafficking and its social ramifications.

Dan Emr, the executive director of Worthwhile Wear, a nonprofit organization dedicated to rehabilitating women who were victims of trafficking, said that the presence of trafficking in the United States directly conflicts with American values.

“It undermines what America is, and it should cause outrage and frustration,” he said. “This is a modern day atrocity; it’s modern slavery. It undermines our values and beliefs as the land of opportunity and the land of freedom. There isn’t freedom if there is a population enslaved.”

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Senate bill 75's future in the Pennsylvania General Assembly: A call to action

Sarah A. Charles, Office of State Senator Daylin Leach

In 2009, Senator Leach and I sat down with staff from the Polaris Project to discuss the possibility of Daylin introducing legislation to crack down on human trafficking in Pennsylvania. At the time, this appeared to be a typical meeting that would certainly be interesting and worthy of our attention, but what we got was unexpected and shocking. This is the day we learned of modern day slavery.

An immediate sense of urgency washed over the office to act on this soulless, increasingly lucrative crime. Months were spent educating ourselves on what trafficking looks like, where it occurs, who the victims are and how they get into the life, and how our role in state government can be used to strengthen the principles of protection, prevention and prosecution here in the Commonwealth.

First, Daylin introduced the National Human Trafficking Hotline Posting legislation in the state Senate. Around our legislation grew a network of grassroots advocacy groups, specifically anti-trafficking coalitions in counties throughout the state that began to link with larger existing organizations from all focuses. It was simply magnificent to see women's organizations teaming up with church affiliated groups and beyond to form a strong and effective network of practical and driven individuals. Also to the credit of many legislators on both sides of the aisle, the bill


was signed into law in October 2012 after years of negotiations with mainly special interest lobbyists wary of new regulations. The hotline, #1-888-3737-888 can now be seen posted in welcome centers, rest stops, truck stops, adult entertainment clubs, airports and transit centers, as well as certain restaurants and taverns across the state. This was a hard fought victory but only the first step in the actions necessary to literally saving the lives of those who are being exploited and coerced in our communities.

So where are we now? The statewide advocacy community is stronger than ever, and ready with the knowledge and experience to make Pennsylvania a tough state for perpetrators to thrive. After a two year joint state committee on human trafficking met to study and explore the problem specific to Pennsylvania, their recommendations were drafted in to legislative language for the General Assembly to consider.

In January 2013, Senate Bill 75 was introduced by Senators Greenleaf and Leach. This legislation, under the committee's recommendations, would better define our state's human trafficking laws so that they can be employed more often and easily by law enforcement. Current laws are vague and do not allow victims to be seen and treated as such. In passing this legislation a council for prevention would be established through the PA Commission on Crime and Delinquency.

Mandatory law enforcement training would also be required to ensure our men and women in the field are prepared to handle the difficulties these cases present. Felony charges would be increased, forfeiture and restitution to survivors would be set in place and in the event of seizure of property, proceeds would be used to reimburse law enforcement agencies as well as fund investigations, victim service organizations and the statewide

Senate Bill 75 passed out of the state Senate unanimously in December 2013 and currently awaits a committee vote in the state House Judiciary Committee. The only way for this vote to be scheduled is for the committee

chairman to schedule one. What we need from the community are phone calls to be made to Rep. Ron Marsico's office at 717-783-2014 urging him to move this bill, now. Victims cannot wait and therefore we must not pause to act. Much of the work we do in the legislature can afford to be mulled over for months or possibly even years. Though it is not desirable, it is not a life and death situation in many circumstances. The hotline posting took three years and that was a mistake. This legislation must not face the same fate as countless victims' lives hang in the balance. 

Call for submissions

Having something to say? The PSCP Quarterly Newsletter wants your articles. PSCP members, and PSCP student members, are invited to submit articles and essays.

All articles should be relevant to the professional practice of psychology. While articles may address any subject, or any issue of current interest, it is essential that the focus be on the role of psychologists, psychology as a discipline, or the impact on psychologists of the topic addressed. These articles are by psychologists, for psychologists. Please keep

that in mind when submitting an article for consideration.

In addition to articles relevant to psychology, students are invited to submit the abstract of their approved **dissertation**, along with a brief biographical note, for inclusion in the 'Student Profile' section.

Please contact Doug Rushlau, editor with submission guidelines and requirements for inclusion: idrpscp@gmail.com



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FOR INFORMATION

Human trafficking: A global crisis happening locally

Lillian Goertzel, Ed.D.

Human trafficking is defined as the use of force, fraud or coercion to compel a person, often a minor, to participate in commercial sex, or other activities, against their will. By denying victims (usually children and women) the freedom to leave, human trafficking becomes slavery, and the victims are subjected to horrendous exploitation. There are basically two approaches to enslaving a victim: subduing victims through violence, and controlling them with drugs. Sex trafficking takes place in houses with domestics, through escort services, at bars, in malls, online, in the street or at truck stops.

Small towns and big cities alike, including Harrisburg, Bryn Mawr and King of Prussia in Pennsylvania, are havens for human trafficking and drugs. While Americans are aware sex trafficking happens abroad, most do not believe it occurs in the US. In Pennsylvania, it is estimated that 12% of victims of sex trafficking are male and 88% female, some as young as 11 years old. Domestic workers, nail salon workers and hairdressers may be forced to work without being allowed to leave. They are held captive, raped and sold.

In 2011 Krishna Patel, Assistant US attorney in Bridgeport, Connecticut, found that criminals viewed young girls as commodities who could be sold up to 15 times a day, with pimps keeping all of their earnings. Patel, who is from India, had wondered why children in Mumbai were allowed to be sold openly and nothing was done about it. He was shocked to discover the same sorts of

human trafficking in the US, including the commercial sexual exploitation of American children and women using the internet, strip clubs, escort services and street prostitution, occurring daily. It is estimated that 100,000 to 300,000 American minors nationwide are commercially sexually exploited each year.

In 2011 commercial sex trafficking was given publicity by celebrity activists, including Demi Moore and Emma Thompson, along with Rachel Lloyd, who presented her personal account of sexual trafficking in her book *Girls Like Us*.

This crisis exists across the globe and in our own backyard in the US. The victims are often American girls or boys next door, as well as immigrants or refugees.

The first step to solving this atrocity is awareness among the public. In 2012, the Montgomery County Anti-Trafficking Coalition (MCAT), Senator Daylin Leach (D-17) and Rep Larry Curry (D-154) sponsored a showing of the film "Not My Life." Narrated by Glen Close, it depicts the depravity of human trafficking globally and locally. This film educated and touched me. I learned that poor parents around the world were lied to, convinced that their sons and daughters would "have a better life in the U.S.", only to have their children abducted into slavery and prostitution. I also learned that American children, some as young as 11, have been abducted from malls, hotels and other places across the country.

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Resources for more information

compiled by members of the PSCP Newsletter Committee

Report on Trafficking in Persons 2012

United Nations Office on Drugs and Crime

http://www.unodc.org/documents/data-and-analysis/glotip/Trafficking_in_Persons_2012_web.pdf

“Human trafficking is a crime that ruthlessly exploits women, children and men for numerous purposes including forced labour and sex. This global crime generates billions of dollars in profits for the traffickers. The International Labour Organization estimates that 20.9 million people are victims of forced labour globally. This estimate also includes victims of human trafficking for labour and sexual exploitation. While it is not known how many of these victims were trafficked, the estimate implies that currently, there are millions of trafficking in persons victims in the world. Human trafficking requires a forceful response founded on the assistance and protection for victims, rigorous enforcement by the criminal justice system, a sound migration policy and firm regulation of the labour markets.” (pg. 1)

Trafficking in Human Beings 2013

European Commission

http://ec.europa.eu/dgs/home-affairs/what-is-new/news/news/2013/docs/20130415_thb_stats_report_en.pdf

“The percentage of child victims of trafficking in human beings is close to 15 % across the three reference years. The vast majority of all victims

(80 %) are female, and 20 % of the victims are male. This percentage does not change significantly over the three reference years.

Data disaggregated by gender and age over the three years show that women account for 68 %, men for 17 %, girls for 12 % and boys for 3 % of the total number of victims of trafficking in human beings. Women thus remain by far the largest group of victims over the three years.

Data on identified and presumed victims distinguished by different forms of exploitation for all three reference years showed that the majority (around 62 %), of the victims are trafficked for the purpose of sexual exploitation, around 25 % for labour exploitation and around 14 % for the category “other”. The percentage of victims of trafficking for sexual exploitation is increasing each year, whereas the percentage reported as victims of trafficking for labour exploitation dropped from 28 % in 2008 to a stable 23 % in 2009 and 2010. The trend in the category “other” is unclear, with a peak in 2009 of 16 %.

Victims of sexual exploitation are predominantly female (96 % in 2010) whereas the majority of victims of labour exploitation are male (77 % in 2010). Female victims have the largest share of victims classified under other forms of exploitation such as forced begging, selling of children etc., and there has been a gradual increase in the number of male victims across the three years.” (pg. 10)

Trafficking in Persons Report 2013

United States of America Department of State

<http://www.state.gov/documents/organization/210737.pdf>

“If there were no demand for commercial sex, sex trafficking would not exist in the form it does today. This reality underscores the need for continued strong efforts to enact policies and promote cultural norms that disallow paying for sex. Too often, trafficking victims are wrongly discounted as “consenting” adults. The use of violence to enslave trafficking victims is pervasive, but there are other—more subtle—forms of fraud and coercion that also prevent a person from escaping compelled servitude.

A number of other factors that may lead to a person being overlooked as a victim by authorities are a sex trafficking victims’ initial consent, the belief that they are in love with their trafficker, not self-identifying as a victim, or being away from a pimp’s physical control with what seems to be ample opportunity to ask for help or flee. None of these factors, taken alone or in sum, mean that someone is not a victim of a severe form of trafficking. Dispelling these myths should be an essential part of training for every government employee and everyone who does business with or on behalf of a government.” (pg. 27)

American Psychological Association Task Force on Trafficking of Women and Girls

<https://www.apa.org/pi/women/committee/trafficking-resources.aspx>

Did You Know? After drug dealing, trafficking of humans is tied with arms dealing as the second

largest criminal industry in the world, and is the fastest growing?

The U.S. State Department estimates 12.3 million adults and children are currently in forced, bonded labor, and forced prostitution, adding that 56 percent of these victims are women and girls?

The average age of entry into prostitution for girls is 12-14 years old?

The National Human Trafficking Resource Center (NHTRC) is a national, toll-free hotline, available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year.

Call 1-(888) 373-7888.

Polaris Project

<http://www.polarisproject.org/index.php>

Our vision is for a world without slavery.

“Polaris Project is a leading organization in the global fight against human trafficking and modern-day slavery. Named after the North Star “Polaris” that guided slaves to freedom along the Underground Railroad, Polaris Project is transforming the way that individuals and communities respond to human trafficking, in the U.S. and globally.

By successfully pushing for stronger federal and state laws, operating the National Human Trafficking Resource Center hotline (1-888-373-7888), conducting trainings, and providing vital services to victims of trafficking, Polaris Project creates long-term solutions that move our society closer to a world without slavery.”

Recognizing the Signs of Trafficking

<http://www.polarisproject.org/human-trafficking/recognizing-the-signs>

“Are you or someone you know being trafficked? Is human trafficking happening in your community? Is the situation you may have encountered actually human trafficking?”

The following is a list of potential red flags and indicators of human trafficking to help you recognize the signs.

Common Work and Living Conditions: The Individual(s) in Question

- Is not free to leave or come and go as he/she wishes
- Is under 18 and is providing commercial sex acts
- Is in the commercial sex industry and has a pimp / manager
- Is unpaid, paid very little, or paid only through tips
- Works excessively long and/or unusual hours
- Is not allowed breaks or suffers under unusual restrictions at work
- Owes a large debt and is unable to pay it off
- Was recruited through false promises concerning the nature and conditions of his/her work
- High security measures exist in the work and/or living locations (e.g. opaque windows, boarded up windows, bars on windows, barbed wire, security cameras, etc.)

Poor Mental Health or Abnormal Behavior

- Is fearful, anxious, depressed, submissive, tense, or nervous/paranoid
- Exhibits unusually fearful or anxious behavior after bringing up law enforcement
- Avoids eye contact
- Poor Physical Health
- Lacks health care
- Appears malnourished
- Shows signs of physical and/or sexual abuse, physical restraint, confinement, or torture

Lack of Control

- Has few or no personal possessions
- Is not in control of his/her own money, no financial records, or bank account
- Is not in control of his/her own identification documents (ID or passport)
- Is not allowed or able to speak for themselves (a third party may insist on being present and/or translating)

Other

- Claims of just visiting and inability to clarify where he/she is staying/address
- Lack of knowledge of whereabouts and/or do not know what city he/she is in
- Loss of sense of time
- Has numerous inconsistencies in his/her story



Time to get connected!

Research shows that psychologists who participate in a peer consultation group are less likely become involved in a lawsuit, less likely to describe feelings of burnout, and rate themselves more satisfied with their career. PSCP sponsors a range of peer consultation groups, and we invite you to join! Contact Kristine Boward, Psy.D. to join an existing group, or to start your own peer consultation group. Dr. Boward can be reached by phone at: 610-878-9330 ext. 107 or via e-mail at KBoward@CenteredPsychology.com.

Peer Consultation groups are a chance sharpen clinical skills, learn from peers, fight professional isolation, and gain clarity on difficult cases. They are a meeting of peers and are not meant as any form of supervision. Although some consultation groups welcome student members, these groups do not take on a supervisory role.

Diversity Group

This group meets on occasional Fridays from 10am-12pm, via Skype. The group discusses culturally informed, responsive and adaptive ways to treat individuals, couples, and families of diverse cultural backgrounds. Groups of focus include: race, ethnicity, national origin, gender, sexual orientation, religious/spiritual traditions and beliefs, disability, those with socioeconomic challenges, and more. Issues can be relating to, but not limited to acculturation stress, cultural identity formation, interracial marriage and families, intergenerational issues, discrimination, etc. Participants are asked to bring a case to discuss. Student members are

welcome. Group leader is Dr. Takako Suzuki. For those interested in joining, she can be contacted at suztakako@gmail.com or 610-526-2928.

Mindful Therapist Peer Consultation Group (Melrose Park, PA)

The Mindful therapists peer consultation group is for mental health professionals, and those in training, who integrate mindfulness into their professional work for self-care and/or client care. A personal daily meditation practice is required of all participants – this can be from a variety of wisdom traditions, including but not limited to, the Buddhist traditions from which MBSR/MBCT are derived. Participants in training must be currently enrolled in a graduate program with a focus on mental and/or physical health. We meet in Melrose Park, PA on the first Tuesday of each month from 10am to noon. We begin with a sitting meditation practice. For more information please contact Chris Molnar, Ph.D. at Chris@MolnarPsychology.com or 267-287-8347.


Autism Spectrum Disorders Group (Old City, Philadelphia)

This group will meet monthly on Wednesdays from 9-10:30am at the offices of Drs. Cindy Ariel and Robert Naseef, in Old City, 319 Vine Street, #110. The focus of the group is on the treatment of autism and related disabilities in children and adults, as well as on treatment strategies and support for families/caregivers. Interested participants should contact Dr. Cindy Ariel at cariel@alternativechoices.com or 215-592-1333.

Peer Consultation Group (Media, PA)

This is a general consultation group that meets in the afternoon on the last Friday of every month, at the office of Dr. Greg Milbourne in Media, PA. Please contact Dr. Milbourne at 610-348-7780 or e-mail him at Milbourne@gmail.com if you are interested in participating.

Peer Consultation Group (King of Prussia)

This is a general consultation group that meets every other Monday at 1pm at the office of Dr. Kristine Boward. Please contact Dr. Boward by phone at 610-878-9330 or by email at KBoward@CenteredPsychology.com if you are interested in participating. 

Special Interest Group Contact Info

Diversity Group - Dr. Takako Suzuki
Suztakako@gmail.com

Mindful Therapist Group - Dr. Chris Molnar
Chris@molnarpsychology.com

Autism Spectrum - Dr. Cindy Ariel
Cariel@alternativechoices.com

General (Media, PA) - Dr. Greg Melbourne
Milbourne@gmail.com

General (King of Prussia, PA) - Dr. Kristine Boward | KBoward@centeredpsychology.com

Classifieds

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215-546-2379, marlabisaacs@gmail.com
il.com

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Prices negotiable.

Proof of qualifications required for sale.

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info@philadelphiapsychology.org
215-885-2562

(Weaver, continued from page 3)

Belles echoed Emr's sentiment, suggesting that, although difficult to quantify, the ramifications of trafficking across America are substantial.

"There are tremendous ramifications in our society, both to the victims subjected to trafficking and our society as a whole, and our

culture of ignoring it," she said. "We cannot claim to have freedom while there is trafficking."

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(Goertzel, continued from page 6)

The Montgomery County Anti-Human Trafficking Coalition (MCAT), comprised of police, detectives, mental health professionals, concerned citizens, business owners and others. Detectives and the police have discovered how Facebook and MySpace can be used to lure new victims. MCAT was formed to raise awareness about human trafficking and provide a network of services for its victims. January was Slavery and Human Trafficking Prevention Awareness Month, but our work goes on all year long. The Montgomery County Anti-Human Trafficking Coalition continues its efforts to educate the public and political leaders. To join the coalition, donate or to learn more you can call

MCAT Director Rachael Yudt at 484-300-2684, or email mcantihumantraffickingco@gmail.com.

In October 2012, the National Anti-human Trafficking Hotline number was adopted by state law to be posted at all state welcome centers, airports, bus stations, truck stops, taverns under the smoking ban, and other establishments. Suspicious activity can be reported anonymously. The PA Hotline is 1-888-3737-888.

Thank you for taking the time to learn about this crisis. Contact me if you want additional information at (610) 525-1330. I can recommend additional books, websites and local ways to become more involved. 