



# ART TO HEALING

## CHARITY OVERVIEW

ENABLING FREEDOM & RECOVERY  
AFTER SEX TRAFFICKING,  
EXPLOITATION, SLAVERY, AND  
GENDER-BASED VIOLENCE.



[WWW.ARTTOHEALING.ORG](http://WWW.ARTTOHEALING.ORG)

# WHO WE ARE

Art to Healing is an Australian Public Benevolent Institution that delivers mental health programming to survivors of sex trafficking, contributes to the research of effective trauma-informed psychosocial interventions, and provides professional development education to staff in more than 40 anti-trafficking organizations, focused in Asia and the Pacific.

Our aim is the successful reintegration into lives free from trauma, reducing the likelihood of re-victimization.



"Together, we can make a difference in the  
fight against child sex trafficking and  
exploitation."

- Atira Tan, Art to Healing Founder

# OUR MISSION

Art to Healing's mission is to trauma-informed care and mental health support of the highest quality. We believe that this care is vital if women and girls are to recover from their traumatic pasts, build resilience and imagine new possibilities for their lives, that is free from fear, abuse, and exploitation.

Without the effective care and support of a trained trauma-informed professional, community support, and a solid foundation of safety, women, and girls frequently return to sex slavery and victimization.





# WHAT WE DO

Art to Healing empowers women and girls globally who have been sold into sex slavery to lead fulfilling and meaningful lives free from trauma, exploitation, and abuse.

We support women and girls to transform their lives and heal their bodies through Expressive art therapies, Somatic Experiencing®, Women's Reproductive Health education, Professional Development, and Capacity Building, and Trauma-informed yoga, and mindfulness-based practices.

In addition, we work with anti-trafficking organizations in Asia to increase their professional capacity and to strengthen their trauma-informed practices through effective trauma approaches and techniques. We do our own independent research to understand the best ways of supporting these girls and women to reduce the impact of trauma.



Our main objective at Art to Healing is to improve trauma care, recovery, and resolution through trauma-informed models.

We do this in 3 ways:

1. Working directly in individual and group sessions with the women and children who have experienced child sex slavery, exploitation, or slavery, or those who are vulnerable to being sold into slavery.
2. Creating professional development and capacity building trainings, programs and training of trainer trauma recovery programs for organizations.
3. Researching the efficacy of our trauma-informed interventions and approaches through different research methods.



# INDIVIDUAL & GROUP SESSIONS

## *Trauma-Informed Psychosocial Interventions*

Since 2005, Art to Healing has delivered holistic, strength-based, trauma-centered approaches informed by neuroscience, somatic, and positive psychology principles.

Survivors that have experienced or are at risk of trafficking, commercial sexual exploitation, and slavery develop individual strengths and build inner resilience for transformation and recovery.

- Coupling direct delivery of therapeutic treatment, professional development for staff, and research are valuable to achieve positive recovery outcomes for sex trafficked victims.
- Addressing key elements for successful recovery – grief, family separation, gender discrimination, boundary violation, and sexual abuse.
- Using a holistic, integrative approach that integrates with the body-mind connection.
- Participant-led intervention is integral to empowerment and the states of recovery.
- Integrating creativity and play as resources to build resilience and exploring ways of expression beyond the limitations of talk therapy.
- Our therapeutic interventions and approaches include Expressive Art Therapies, Somatic Experiencing®, Neurosequential Model of Therapeutics, Polyvagal Theory, Narrative Therapy, and Trauma-Informed Yoga, specific for the recovery of C-PTSD, PTSD, Developmental and Pre-Verbal trauma, attachment trauma, depression, anxiety, personality disorders, gender shame and discrimination, and sexual abuse and violence.



# PROFESSIONAL DEVELOPMENT & EDUCATION

We build the capacity of the staff in anti-trafficking organizations who care for the beneficiaries so that care can be more effective and trauma-informed, focusing on trauma recovery and resolution so that survivors can integrate back into their communities with empowerment and confidence.

Our participants include psychologists, mental health workers, social workers, and care/field workers.

We create and deliver therapeutic, educational, and leadership programs in areas such as Caring for the Carers, Training of Trainers, specialized training in the Expressive Art Therapies, Somatic Experiencing®, and other body-oriented trauma approaches, women's reproductive health, and more.

We also provide supervision and consultancy to partnering organizations, to help them improve their trauma-informed care, and approach to mental health and holistic recovery.

## SINCE OUR INCEPTION,

**46**

Anti-trafficking organisations have improved their trauma care in shelters and drop-in centers.

**PARTNER ORGANISATIONS**



**STAFF MEMBERS**

**500**



psychologists, social workers, caretakers, and field workers have been trained by us.

**2,383**

**WOMEN & CHILDREN**

women and children have benefitted through our trauma recovery programs.





# RESEARCH AND PUBLICATIONS

We research our interventions through mixed methods research methodologies, which include utilizing both qualitative standardized tests and quantitative creative arts methodologies such as participatory action research, to measure the effectiveness of our work and care for the survivors of sex trafficking.

This includes writing and publishing our work in peer-reviewed journals and books.

Our Research Publications include:

## Book Chapters

Tan, A. (2012) Surviving Shame: An Art Therapy Program with Sex Trafficked Survivors in Cambodia. *Art Therapy in Asia: To the bone or wrapped in Silk*. Ed. Kalmanowitz, D., Potash, J., Chan, S.M. Jessica Kingsley, UK.

Tan, A. & Moore, T. (2019) The Women's Transformational Program: Reproductive Health and Gender-Based Violence. *Art Therapy Treatment with Sex Trafficking Survivors*. Ed. Komentiani, M. Routledge, USA.

## Peer-Reviewed Journals

Tan, A. (2018) Life after Sex Trafficking: An art therapy and reproductive health therapeutic program with women who have experienced sex trafficking, exploitation, and abuse. *ANZJATA* Volume 13, Numbers 1 & 2.



# TESTIMONIALS

*"I was sold into sex slavery when I was 13 years old. Because of my past, I hated being a woman, I hated my period and I hated my reproductive organs because I felt that these were the reasons why bad things, like getting HIV/Aids and being sold, happened to me.*

*I even went to the doctor to request a hysterectomy, so that I could take my womb out, and stop my period because I hated having my period. I was told by my doctor that I was still young so they could not do the operation.*

*After participating in this training program (with Art to Healing), I have realized that I deserve to be loved for being a woman, and my reproductive organs and my womb deserve to be loved as well and they are important to me. I have realized the importance of self-care and loving myself.*

*I am now proud to have been born a woman, and I can't wait to share the information I have learned with my community. I will now continue to love myself and care for my body, and I know that being born female is a thing to be valued."*

- Goma Rai

Trafficking Survivor, Founder of Shakti Milan Sahaj Founder



*"This (Art to Healing) training was so helpful for me as a house mother. I have been working as a housemother for many years; yet, I have not received any training to deal with the behavior of the survivors in the shelter. My work is very difficult. This training has taught me to understand the behavior of the girls in the shelter, and how to manage and help them and myself better."*

- Srijana, House Mother, Chhori

*"In the training program, I have learned many techniques about working with group art therapy, which helps us to work cooperatively. It also helps to share our feelings as a group. This training has helped me to be aware of my own emotions and helped me to learn how to work with children with behavioral problems with art therapy. It is a very effective tool with the children in our shelter."*

- Laxmi, Psychosocial Counsellor & Trafficked Survivors, KUMUDINI



# PARTNERING WITH US

We are committed to partnering and strengthening anti-trafficking NGOs and community-based organizations in Asia and the Pacific to increase their capacity in trauma-informed care and effective trauma recovery and resolution interventions and approaches. We welcome other anti-trafficking organizations to partner with us.

## Some of our Partner Organizations include:

### Nepal:

Centre for Awareness Promotion (CAP) Nepal

Chhori, Daughters of Nepal

Asha Nepal

Community Development and Research Organization (CORD) Nepal

Bridge the Gap Nepal (BISHWAS)

Change Nepal

Maiti Nepal

### Thailand:

Urban Light

Catholic Bishops' Conference of Thailand (COERR)

Global Alliance Against Traffic in Women (GAATW)

### Cambodia:

AFESIP Cambodia

### Laos PDR:

AFESIP Laos





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