

## TRAFFICKING STAGES OF CHANGE

Stage	Client	Provider
<p><b>Pre-contemplation:</b> Stage of denial*; Victim is unaware or under-aware of the problem.</p>	<ul style="list-style-type: none"> <li>• Doesn't identify as trafficking victim or minimize</li> <li>• Believe that they are a willing participant or at fault</li> <li>• Seek services to address other issues such as IPV or medical problem</li> <li>• Refuses services</li> </ul>	<ul style="list-style-type: none"> <li>• Affirm that the victim is the expert on their situation</li> <li>• <b>Gently</b> challenge and present risks and behaviors in a different perspective than victims' evaluation</li> <li>• Ask if there is anything they would change and why?</li> <li>• Assess safety*</li> <li>• Gather and provide useful resources</li> <li>• Do not push for intervention or change</li> </ul>
<p><b>Contemplation:</b> Stage of awareness; May be aware of problem and considering change, but no commitment.</p>	<ul style="list-style-type: none"> <li>• Considering or open to possibility of change in situation</li> <li>• Thinking and talking about trafficking situation</li> <li>• Can see negative aspect of current situations, but still ambivalent and scared of change</li> </ul>	<ul style="list-style-type: none"> <li>• Validate victims' awareness</li> <li>• Assist with transition in perspective</li> <li>• Encourage and utilize positive change language</li> <li>• Gently remind victim of reasons why they began to consider the change</li> <li>• Validate the victim's ability to pursue and achieve a new situation</li> <li>• Help victim anticipate potential challenges and identify support</li> </ul>
<p><b>Preparation:</b> Decision-making stage.* Made a decision to change and planning and preparing for the change.</p>	<ul style="list-style-type: none"> <li>• Exploring and weighing options about what leaving the situation would mean to them.</li> <li>• Need to determine their own criteria for change*</li> <li>• Can move quickly or take a long time to make decisions and can change their mind throughout the process</li> <li>• Ready to prepare for change, but still have doubts and feel afraid</li> </ul>	<ul style="list-style-type: none"> <li>• Assist victim with contemplating a plan for intervention with short and long-term goals, steps for taking actions, and safety planning</li> <li>• Offer various options and services</li> <li>• Assist victim with reaching out to potential support systems; family, friends, community resources, etc</li> <li>• Validate the victim's fears and assist with preparing for potential negative consequences; be transparent and honest</li> <li>• Do not rush this process; allow victim to prepare at their own comfortable pace</li> </ul>
<p><b>Action:</b> Implementation stage*. Taking decisive action to change</p>	<ul style="list-style-type: none"> <li>• Commit time and effort into implementing planned change(s)*</li> <li>• May lose current support system and coping mechanisms</li> <li>• May feel extreme difficulty and instability during this stage</li> <li>• May be very emotional, feeling happy, relieved, stressed, and/or afraid</li> </ul>	<ul style="list-style-type: none"> <li>• "Right-sized" steps* or one small step</li> <li>• Provide services and resources that are personally/culturally/situationally appropriate; allow for flexibility and adjustments</li> <li>• Validate victim's fears and concerns</li> <li>• Emphasize and focus on victim/survivor's strength, progress, and support systems; give praise and support readily</li> <li>• Help victim/survivor visualize and focus on benefits of long-term change</li> </ul>

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<p><b>Maintenance:</b> Extended stage.</p>	<ul style="list-style-type: none"> <li>• Will develop new behaviors and coping skills (harm reduction approach)</li> <li>• Avoid responding to triggers</li> <li>• Fully engaging with support system and new healthy relationships</li> <li>• Leads to stability and lasting change</li> </ul>	<ul style="list-style-type: none"> <li>• Provide services and resources that are personally/culturally/situationally appropriate; allow for flexibility and adjustments</li> <li>• Validate victim’s strength and progress</li> <li>• Long-term follow up support; techniques and coping skills</li> <li>• Reflect on survivor’s achievements while continuing to focus on goals ahead</li> </ul>
<p><b>Relapse:</b> Return to any other stage or trafficking situation</p>	<ul style="list-style-type: none"> <li>• Can happen during any stage; <b>natural part of the process</b></li> <li>• Unrealistic to move through stages of change without any relapse</li> <li>• Re-victimization or lose contact with provider</li> <li>• Questioning or having serious doubts about decision for change</li> <li>• May feel that the benefits of the trafficking situation outweigh the benefits of change</li> <li>• Result of action does not meet expectations</li> <li>• May re-enter back into any stage</li> </ul>	<ul style="list-style-type: none"> <li>• Do not imply failure on part of victim/survivor; avoid victim-blaming</li> <li>• Continue to be supportive and non-judgmental ally</li> <li>• Allow victim/survivor to return to program and receive services at any time</li> <li>• Assist victim/survivor in identifying consequences, challenges, and triggers of change; expected or unexpected</li> <li>• Continue to validate fears and frustration</li> <li>• Reassure victim/survivor of their ability of continue with change when they are ready</li> <li>• Assist with re-building support structure as needed</li> </ul>