



AWARENESS AGAINST HUMAN TRAFFICKING

MONTHLY NEWSLETTER

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INTRODUCTION

As a part of our Arts to End Slavery project, on June 26th we invited civil society organizations, religious leaders, academics and international organizations for a one-day conference on the theme: 'Understanding the multifaceted nature of human trafficking in Kenya and how art can be used to fight it' The conference went very well and we had more than 100 people in attendance on that day. Participants learned both about human trafficking in Kenya and also about how art can be used in creating social change. Arts to End Slavery and the conference took a lot of planning and work both from staff and volunteers. We are very thankful for the support we have received from so many individuals and organizations who have supported the project in so many ways, from Young@HAART and our donors for the project Misereor, GIZ, Civil Peace Service, German Cooperation and the Austrian Embassy in Kenya. It is, however, not all over yet.

On July 30th 2015 we are partnering with PAWA254 and UNODC to use Arts to End Slavery in marking the "World Day against Trafficking in Persons 2015". More information about activities and invitations will follow soon. Although it may seem that everything revolves around Arts to End Slavery, we also had other activities in June. We continued to conduct grassroots workshops, in total 11 and we are also working on victims assistance. Worth mentioning is that we were in the airport to receive a woman who had been trafficked to Libya. It was not easy as she had severe PTSD and was confused, but she is now safe with her family. In this newsletter you can also read about the human trafficking conference about art therapy which is something that HAART is currently pursuing as an alternative therapy method for victims of trafficking.



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Human Trafficking Conference

The human trafficking conference was held at PrideInn in Westlands on June 26th 2015.

Human Trafficking Conference

By Sophie Otiende

The Arts to End Slavery Conference was the culmination of the A2ES project. The purpose of the conference was to bring together stakeholders dealing with human trafficking in Kenya in one setting to discuss human trafficking in Kenya. We wanted to hold the conference after the month long art exhibitions around the Nairobi. The conference targeted a hundred people from the civil society, government, media and even religious leaders.

We held the conference on the 26th of June at Pride Inn Hotel in Westlands. The conference was to start at 10 am in the morning and by eight o'clock the participants had already started arriving at the venue. We had invited more than one hundred people and most of them had confirmed to attend for either a session or the whole day. The conference was divided into two sections, the first part was to deal with human trafficking and the second part was to handle how we can use art for social change.

The guest of honor was the Austrian ambassador, Dr. Harald Günther. The Austrian embassy was one of the main donors for the Arts to end Slavery project. The other donors were Miseror and GIZ and both were also sending representatives to attend the conference. Most of the participants arrived by 10 am and the conference was started promptly with the opening address by the ambassador. His address covered the importance of highlighting the issue of human trafficking and the fact that it was not only a Kenyan problem but a global issue that required combined efforts from different players to completely eradicate.

The presentations on human trafficking were done by HAART founder and director Radoslaw Malinowski, HAART Therapist Khayundi Bwali, The CRADLE Children Foundation Director and Chairperson of the Counter Trafficking Advisory Committee Juliet Nyambura Gachanja, UNODC's National Project Coordinator Noela Barasa, IOM's Programme Assistant Mariana Kipsy and HAART's Programme Manager Jakob Christensen presented a thesis that was done by Anni Alexander. All these presentations were followed by a question and answer session where the participants got the opportunity to interact with the presenters. The second part of the conference focusing on art had the following presenters: Wambui Kamiru from Kuona Trust, Xavier Verhoest from Art2Be and we also had artists from the A2ES project talk about their experience in working for the project. Robert Dinda, James Wamalwa and Mercy Nguyo were the three artists that presented their work. Robert Dinda in turn also received an award for being the best artist as chosen by our victims. The other award was given to Mustafa Ibrahim

who was recognized for being a champion for fighting modern slavery. He was extremely helpful in the repatriation of 31 victims from Libya last year that was done by HAAART, IOM and the Ministry of Foreign Affairs.

The attendance was commendable. We had 85 people who were not from HAART, this included civil society, media and religious leaders. In total, we had more than a hundred participants when you include HAART staff and volunteers who tirelessly gave their efforts to ensure that everything went as planned. The feedback from the participants was that the conference was both interesting and informative. This being the first time that HAART has done such an event, we were not only happy with the results but also the feedback that we got. We look forward to holding such events in future.



Austrian Ambassador Dr. Harald Günther and HAART founder Radoslaw malinowski at the conference.

Art Therapy and Positive Psychotherapy

By Khayundi Bwali

As a part of our Arts to End Slavery project, HAART worked together with Art2Be about using art therapy to work with a victim of trafficking.

Art therapy is the therapeutic use of art materials in psychotherapy to explore and treat psychopathology. It has ancient healing rituals, such as Navado sand paintings and cave paintings. More recently, the writings of Sigmund Freud on the use of images and dreams to explore the unconscious, and of Carl Jung on symbolic meanings link the use of image making to mental health (Jung, 1982; Malchiodi, 1998; Schaverien, 1997).

It was quite interesting to be an observer and part facilitator within the individual art therapy organised by HAART recently. The art therapy was non directive rather than directive, where the art therapist asked the client to represent a particular object or event in the art work. Once the art works was completed, the client and therapist were able to discuss the process of making the art work, the artwork itself and the client's response to viewing the work. This process of making and reflecting on the art was able to facilitate psychological healing and integration on the part of the client.

Art therapy created a safe haven for the survivor of trafficking and rape to process her traumatic feelings. Having walked with her through individual verbal counselling sessions, I found that through art therapy she was able to describe the traumatic experience in a way that lacked during verbal expression. Amazingly, within an hour of therapy, the client was able to build an overwhelming confidence which was constantly absent within our sessions.

During this session, I also discovered that whereas an art teacher educates students about techniques, an art therapist encourages art-making to reduce problems related to social and emotional adjustment. The therapy enabled the client to explore personal problems through physical activity and sensory integration. She was able to engage different parts of her brain during this creative expression. As she swept her brush across the canvas, she used her motor skills, whereas when drawing a picture from memory she decisively used analytical and sequential operations in relation to logic and abstraction. As she worked through the

sequence of steps needed to complete her art tasks, you could see the wheels turning in her head as she silently put her attention skills and working memory into thorough use. Making the art generated a relaxation response and improved the client's mood extensively. This is indeed because creative activity known to increase the brain levels of serotonin, lack of which can lead to depression. Notably, manipulating clay for five minutes can also reduce stress hormones more than squeezing a stress ball.

Using art therapy before group therapy has helped extensively. For example, centering art activity, such as coloring a mandala (a circle design with geometric patterns), before a group activity was seen to increase an individual's attention span and decrease impulsive behavior, promoting better decision-making and focus during tasks. HAART is therefore on the verge of incorporating art therapy as part of a comprehensive treatment program. It is something to indeed implement to allow clients to feel in control and own their healing process.

In conclusion, the relationship between positive or humanistic psychology and art therapy has the capacity to mobilise client strengths, to induce experiences of flow and positive emotions, and to express life purpose and meaning as well as positive emotions. There is need for suggested research and practical applications to illuminate the potential of positive art therapy to move individuals, groups, and communities beyond solely the relief of suffering towards a state of flourishing.

Sources

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Upcoming events

- Planning and training of volunteers for upcoming awareness activities
- Assistance to victims' of human trafficking (VOTs)
- Anti-trafficking campaign in social media
- The World Day against Trafficking in Persons 2015

Donate

We would be very grateful if you would support our work to end modern slavery.

With your contribution we are able to prevent more people from being trafficked and to assist more victims of trafficking.

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823258

HAART Awards 2015

During the conference, HAART gave out two Awards. One was a recognition of work done to fight human trafficking and was given to Mustafa Ibrahim. Another Award was given to Robert Dinda a photographer for his work in Arts to End Slavery. The awards were created by sculptor Kevin Odour.

