

Adapting a mind-body intervention for survivors of human trafficking in Cebu, Philippines

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7
Bravely Facing
Anger

Eleison-HaRT Partnership Overview: Shared Values, Complementary Roles & Expertise



Adaptation Process

Staff pilot:

Starting from within

Iterative:

Structured learning embedded

Partnership:

Communications, training & mentorship

Support:

Survivor Leadership Council & Advisory Group





HaRT Cebu program distinctions

- Distinct cultural context
- Organization working in a community setting (vs. shelter) with long-term clients
- HaRT facilitated by staff with program and social work background (vs. yoga background)

Feedback from the Staff Pilot



Who is HaRT designed for? How do we assess the ‘readiness level’ of prospective participants vis-à-vis the recovery/healing process?

Possibility of multiple program levels/ phased-in content? Community based org with long term clients, ideally could consider HaRT II / III for more sensitive content.

Challenges with comprehension and need to simplify/streamline content

Ensure structure will be accessible for a diverse range of potential facilitators. Consider more/less mental health background and different fitness backgrounds.

HaRT Essential Elements



- 1. Design:** Collective/group-based with evolving content over time
- 2. Principles:** Aspirational and trauma informed (e.g., options & choice, voluntary throughout, intentional language, emphasis on safety etc.)
- 3. Content:** Integration of different mind-body practices (breathwork, yoga poses, visualizations, reflection on themes, peer support) + closing circle



Key Adaptations in Cebu



Intention: Adjust for contextual distinctions, enhance safety & cultural resonance

- 1. Added half-day orientation:** Sample session to experience first before deciding whether to join (helpful to informed consent process).
- 2. Simplify & streamline (and translate):** Shorter narratives, reduced asana, remove with “yoga talk” & concretize abstract ideas
- 3. Add facilitation guidance:** More scripting & consistency across sessions
- 4. Cultural alignment and address concern for unintended harms** linked to concepts around sacrificing self and familial debt/duty
 - (a) Change Month 3 theme from “Compassion in Action”
→ “Healthy Relationships”
 - (b) Replace session 10 from on “Forgiveness for Freedom”
→ “Respecting my Boundaries”



Initial Feedback (participants, first cohort)

*“It’s nice when you share with other people **without judgment**, because there are people who would judge you. Outside there’s judgment, but here, there’s none.”*



*“What I felt, miss, is **more self-love** . . . There’s no one else could truly give you love but just yourself. Maybe my family, but I can’t rely on others. I’m just happy now, and there’s no sadness.”*



*“I feel **relaxed**, miss. It was my first time to lie down without using something to elevate my head. My fear was gone. I realized that it’s actually okay. It’s the same with doing the downward dog, before I was afraid that I will feel dizzy. I feel like there’s a different fear that was overcome, and that **certain fear was released**.”*

*“[Yoga] is **part of healing**, and at the same time, it’s also a **relief to your pain** because you give efforts to your body. . . . It also helped me through remembering the breathing (exercises) when I am stressed.”*

www.MoveWithHaRT.org
www.Eleisonfoundation.org



Thank you!