What Happens After Chelibeti Bechbikhan: A Study of the Reintegration and Rehabilitation Process for Women who Have Been Trafficked or Sexually Exploited in Nepal

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Abstract
When it comes to the trafficking of women, I have read many articles about the tragic stories of the trafficked. The sad turn around from returning home to returning to the brothels. The obvious next addition to this literature is how do we prevent it. Again, I have read countless articles addressing just this. What I have read much less on and what is often skipped over is the reintegration and rehabilitation process for the women who are “saved” and returned to their community. In my research, I look at the challenges that survivors face upon returning to their community. The social stigma, physical health, the law, and the mental struggle are massive challenges to successful reintegration. There are, however, many community based organizations here in Kathmandu that have arisen out of a need to see change and make a difference in the lives of women who have been affected by sexual exploitation. My research analyzes six organizations and then addresses the main components used in their rehabilitation and reintegration processes. In the end, successful reintegration requires both economic independence as well as sound mental health. My research also led me to two additional conclusions. The importance of the expressive arts in providing an outlet for survivors as well as these survivors potential to make a difference not only in future trafficking issues, but also simply within society as a whole.

Disciplines
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"This research is the first longitudinal study on human trafficking conducted in Indonesia and one of only a few in the world. It offers a unique lens into the complex process of reintegration for victims after being trafficked, drawing on the firsthand accounts of a diverse group of trafficking victims,“ said Stephen Warnath, President, CEO and Founder of NEXUS Institute. “These men and women shared their experiences with us and, in doing so, reveal stories of hope, determination, perseverance, courage, and resilience. "Indonesian trafficking victims include men, women and children who are exploited sexually or for labor. Reintegration services and support need to be tailored to each individual victim’s unique and specific experience and assistance needs.” On the other hand, men, women, and adolescents who need a major change in environment or who cannot
otherwise avoid relapse should attend an inpatient rehabilitation center. If it is difficult to stay clean and sober where you are living, consider taking a break and going to inpatient rehabilitation. Inpatient alcohol rehabilitation vs. outpatient. This phase of the rehabilitation process is considered to be "the meat" of the program. Certified counselors help you establish the base for future sobriety by addressing the addiction issues that stem from underlying mental and emotional conditions. When the root cause of the problem is identified, counselors and therapists can help you adapt new thoughts, patterns, and behaviors in order to change outcomes. 4. Aftercare. And, much has been said about the human rights abuses victims of trafficking face when trafficked. Yet, despite this apparent sympathy for trafficking victims, states have been quick to distinguish between so-called "innocent" victims of trafficking and victims who states effectively blame and punish. Part of the problem is that any victim of cross border trafficking will not have valid immigration papers. If you talk with women and children who work in sweatshops, in domestic servitude, etc. - you will hear the stories of physical and sexual abuse - because at its core, trafficking is about the process of reducing human beings to property - fungible property at that. And, an indication of ownership in most cultures is the owner's right to absolutely control the property, even destroy it.