

Features of psychological counseling with victims of human trafficking who have committed suicide attempts

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Abstract: The article reveals the features of psychological counseling with victims of human trafficking who have committed suicide attempts.

Key words: age periods, development, suicide, personality, therapy, empathy, socialization.

Victims of human trafficking who are usually suicidal do not avoid help, but instead seek counseling and support. Almost 70% of those who commit suicide consult doctors a month before, 40% in the last week of committing the crime; 30% warn others about their intentions in one form or another. Because they hesitate between wanting to live or die. Turning to a specialist speaks of ambivalence and the hope of finding another way.

In many cases, the chances of "life or death" are so equal that if the loved ones of the trafficked person show care, kindness and warmth at such a time, then life wins.

Suicidal tendencies are distinguished according to personality typology. Research shows that 36% of suicides are hysteroids, 33% are infantile emotional mobile individuals, and 13% are asthenics. When a trafficked person with suicidal thoughts turns to a counselor, the first task is to "bide time" and wait for the dangerous period to end. If the person is fully involved in the therapeutic process, the counselor will feel that he is leading him to life, and he may delay the execution of his suicidal intentions. Therefore, it is necessary to arouse interest in therapy in a suicidal person and to support it. It is necessary to ensure continuity of therapy. To ensure that the client comes to the second session of therapy, it is necessary to raise some question in the suicidal person and convey the answer to him in the following way: "You have drawn attention to a very interesting topic. I have some idea about it, but I will tell you about it in the next session. You can also write a short note about what you think about it."

The goal of establishing empathic communication is the first priority for the psychologist. That is, not judging him while listening to him and supporting him until the victim of human trafficking tells him what's inside; therefore, the psychologist does not ask all the necessary questions in this process, the obtained information score will be incomplete. To what extent a psychologist cooperates with a counselor in a victim of human trafficking with suicidal thoughts. in other words, in a crisis, he must determine his "fight for his life".

If the consultant psychologist finds that he is dealing with a depressed suicidal person. then the client should be offered psychiatric help. This is not a rejection of him. rather, the consultant indicates that he is doing all he can to help the victim of human trafficking to survive. The psychologist should develop specific action plans together with this person, and this is the first task. Especially what the victim of human trafficking will be doing in the next few hours and days. it is important to talk about who and where he spends his time.

The further method and direction of therapy depends on what motives are behind the suicidal behavior of the victim of human trafficking.

Depressed victims of human trafficking often base their suicidal urges on two different motives. While the first one wants to end the suffering by committing suicide, the others say that they took this step in the hope of achieving their wishes from those around them.

Someone wants to return their love and loved one in this way, someone tells their loved ones that they need their help, and others want to go to the hospital to get out of an unbearable situation. But often two motives are observed at the same time: that is, the motive of escaping from life and the motive of manipulative aspirations.

Psychological support for survivors of human trafficking after suicide:

1. To be kind and accepting;
2. Allowing to return to the discussion of the sad event several times;
3. Emphasizing that grief is natural;
4. Provide information about personal support systems, e.g. self-help groups.

What can't be done?

1. Accepting requests that cannot be fulfilled;
2. Making promises that cannot be fulfilled;
3. "Do you have another child?";

"It was God's will";

Making reprimands like, "It's not worth talking about."

Attention of friends and loved ones in preventing suicide attempts in victims of human trafficking. Along with care, it is also important to predict and analyze the signs of a possible disaster. This knowledge can prevent many suicides in other trafficking victims. Accepting a person in a difficult situation is a big step towards saving him. The rest depends on the quality of your relationship. Psychological empathy can be shown not only with words, but also with non-verbal means. This is a great help to victims of human trafficking to understand their own feelings.

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