

Training in Trauma-informed Care

IDN-DKB-TTC-P02



Bali Indonesia



Combatting Trafficking

2 Year Project: July 2024 to June 2026

Total Budget: \$89,000



Overview

Our partner is an Indonesian anti-trafficking coalition, connecting 80 organisations that support survivors of human trafficking. While some counsellors have general psychology training, most lack a deep understanding of trauma, limiting the effectiveness of care. This project addresses that gap by training 27 NGO staff through the Integrated Somatic Expressive Arts for Trauma and Trafficking (ISEATT) Certification with Lotus Circle International, equipping them with practical, psycho-physiologically based tools to respond to trauma with sensitivity and skill. By strengthening counsellors' capacity and raising awareness across the NGO sector, the project improves survivors' resilience, reduces post-traumatic stress, and enhances the quality of trauma-informed care in Indonesia.

Objectives




ISEATT Certification Training

27 NGO workers successfully completed their certification and demonstrated a 62.9% increase in confidence and competence in applying somatic skills with survivors. They are now integrating grounding, co-regulation, and trauma-sensitive practices into daily client interactions.



Improved Staff Wellbeing & Resilience

Pre- and post-assessments show strong improvements in wellbeing of those trained, including a 21.5% reduction in depression. Participants report greater resilience, improved emotional regulation, and reduced burnout, enhancing the consistency of care provided to survivors.



Clinical Supervision for Skill Integration

All participants completed their in-field supervision sessions, enabling them to confidently apply ISEATT methods with trauma survivors. Supervision strengthened practice quality, increased staff confidence, and improved trauma-informed support across partner organisations.

Life Change

- Improved survivor resilience and wellbeing: Survivors of human trafficking show reduced post-traumatic stress symptoms and greater emotional stability, enabling them to engage more fully in daily life and rebuild a sense of safety.
- Enhanced quality of care: Counsellors trained in trauma-informed, somatic-based approaches are able to respond to trauma symptoms and behaviours with greater skill, sensitivity, and effectiveness.
- Sustainable support and reduced burnout: Frontline staff report increased emotional regulation and resilience, helping them maintain their own wellbeing while providing consistent, high-quality support to survivors.
- Sector-wide awareness and best practice adoption: The training promotes a broader understanding of trauma-informed care across NGOs, improving the consistency and impact of services for survivors throughout Indonesia.



Made Ayu's Story

Before participating in the Somatic Therapy Training, Made Ayu felt ill-equipped to support survivors of trauma. Like many practitioners in Indonesia, her background focused mainly on counselling, with little exposure to body-based approaches. Working in a high-stress environment without regular supervision, she often felt exhausted and emotionally stretched.

The training gave her practical somatic tools—grounding, co-regulation, and body awareness—that strengthened both her resilience and her ability to support clients more holistically.

“Now I can set boundaries more clearly, and my work feels more sustainable. I’m more capable of handling difficult situations and don’t get tired as easily. When I teach grounding to clients, I see them calm immediately. Somatic practices help me respond to trauma without getting caught in clients’ emotions.”

Made Ayu’s experience highlights the project’s wider impact: providing a clinically effective, psycho-physiological approach to trauma care in Indonesia and improving outcomes for survivors of human trafficking.



Sr Laurentina's Story

Sr Laurentina, known for her dedicated work supporting and repatriating trafficked migrant workers, carries heavy emotional responsibilities in her role as a counsellor. Before the Somatic Therapy Training, she often faced intense stress with few tools to regulate herself while caring for others.

The training brought meaningful change. She now feels more grounded, calm, and confident using simple somatic techniques such as breathwork, grounding, and body awareness. These practices help her steady her emotions quickly, stay present with survivors, and avoid feeling overwhelmed. She described feeling “lighter,” “more hopeful,” and more connected to herself.

She hopes to continue strengthening these skills and introduce them to her team, believing somatic practices will support long-term resilience and safer care for survivors.

“Somatic exercises make me feel like I am coming back ‘home’ to my own body... I felt seen and heard. I feel like I have a new community that understands our challenges in the field.”

