



ACT!

AGAINST
VIOLENCE
AND SEXUAL
EXPLOITATION

WEBSITE



Sexual exploitation, trafficking and traumatic memory:

Survivors of sexual exploitation and trafficking may experience traumatic memory.

Traumatic memory is the consequence of severe situations of violence, including intentional and unjustified violence generated by other human beings. These highly stressful experiences cannot be stored in memory and retrieved voluntarily like other life experiences in general.

Traumatic experiences are excluded from autobiographical memory, become uncontrollable and can seriously affect a person's well-being.

How does it manifest itself?

Traumatic memory can manifest itself in two main ways:

- 1)** Images of the traumatic event(s) may intrude in an unwanted and uncontrollable way in the form of repetitive thoughts or nightmares.
- 2)** On the contrary, there may be a total or almost total forgetting of the traumatic experience(s).

