

The Dorey Method™ (TDM) Program of Integrative Study is a comprehensive approach that works with trauma survivors – specifically, those who have been subject to violent crime, sex trafficking and/or labor trafficking – in efforts to restore their emotional and social well-being. Additionally, TDM tests (through the EQI 2.0 measure) the veracity of the hypothesis that breaking the generational/cultural barriers that precede, support and drive much of this trauma, can be broken.

TDM is a one-year program of study, which incorporates nine in-field tested methodologies: Your Belief System (based on Peterson & Seligman work in the Positive Psychology domain); Creative Problem-Solving (Miller-Firestein-Vehar/2001); the Thinking Skills Model (Puccio-Mance-Murdock/2010); The Leadership Challenge (Kouzes-Posner/2007); EQI® 2.0 (MHS Inc./2011 and Bar-On/1997); Foursight® (Puccio/1999); The SAVI Approach (Meier/2000); The Chain of Defense™ (Dorey/2019 and Aviram/2009); and Servant Leadership (McNeal/2006).

With the administration and analysis of a paper and pencil self-report qualitative psychometric measure (the EQ® 2.0), insight can be gained on the emotional and social functioning composite scales of Self-Perception, Self-Expression, Interpersonal, Decision Making, and Stress Management – more specifically, in the subscales of Self-Regard, Assertiveness, Problem-Solving, and Optimism.

TDM hopes to restore and reinforce emotional and social functioning through the facilitative use of applied creative discussions/exercises anchored in The Affirmative Environment, while simultaneously teaching positive value-driven behaviors; creative problem-solving skills; cognitive thinking and affective skills; leadership practices; emotional and social well-being competencies; creative preference styles; utilization of all four senses when learning new subject material; self-defense skills; and instilling the importance of paying it forward.

This novel, innovative approach for trauma survivors' restoration, quantified by the EQi 2.0 psychometric measure, aids the cohort emotionally, socially, intellectually, spiritually, and physically. Our work during TDM also centered around achieving financial and trafficked independence, which included financial and academic monies toward education and vocational training, healthcare costs, and safe shelter for participants and their children.

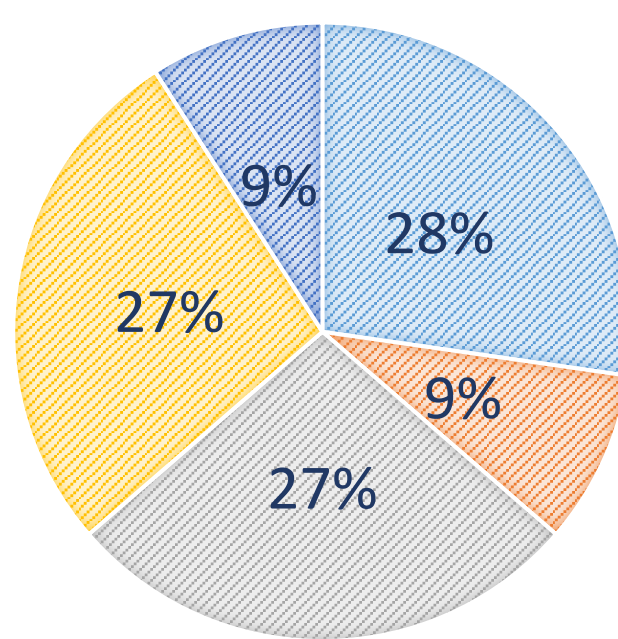
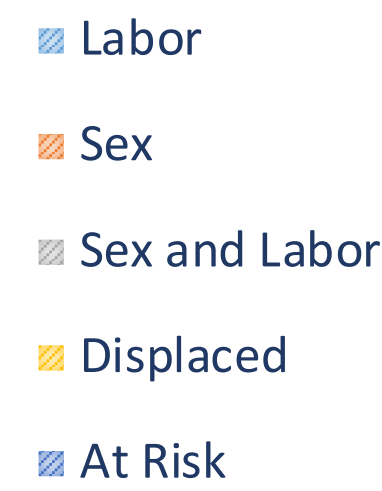
The absolute goal of TDM hopes to break the generational/cultural cycle of violence and trafficking, while establishing new protocols for the treatment of those affected trauma survivors.

- ❖ Collect and analyze data on emotional and social intelligence and well-being of a unique population pre-, mid-, and post-intervention of The Dorey Method Impact Study.
- ❖ Assess and analyze the intervention method and gain the ability to educate survivors, communities, healthcare organizations, and various medical professionals.
- ❖ Build a trauma survivor's adaptability; self-efficacy; positive value-driven behaviors; creative problem-solving skills; cognitive thinking and affective skills; leadership practices; emotional and social well-being competencies; creative preference styles; utilization of all four senses when learning new subject material; self-defense skills; and instilling the importance of paying it forward – anchored within an applied creative, affirmative environment.
- ❖ Break generational/cultural barriers within existing and future subject pool in order to break the cycle of violence.

“THE FEELING OF BELONGING BRINGS LIFE TO THE INDIVIDUAL WHO KNOWS ONLY DESPAIR, COUPLED WITH A RESOLUTE FAITH THAT IS OPENLY SHARED.”

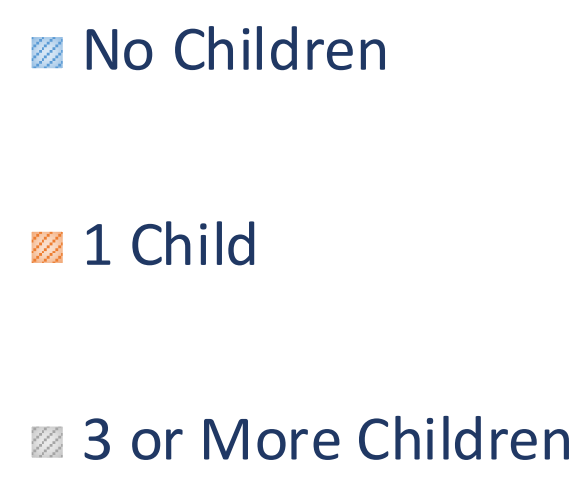
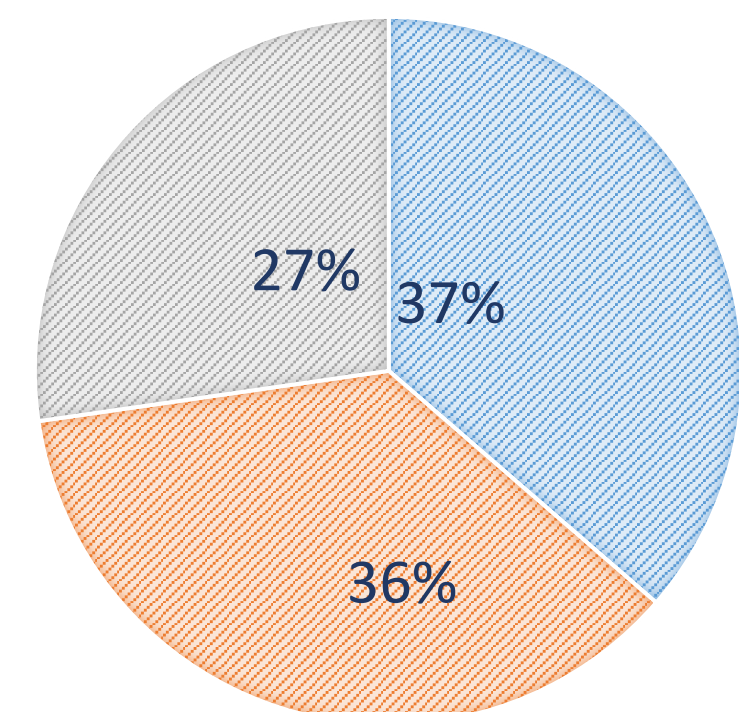
PARTICIPANTS (11): ♀ ♀ ♀ ♀ ♀ ♀ ♀ ♀ ♀ ♀ ♀

TRAFFICKED TYPE



AGES: 15YRS TO 29YRS

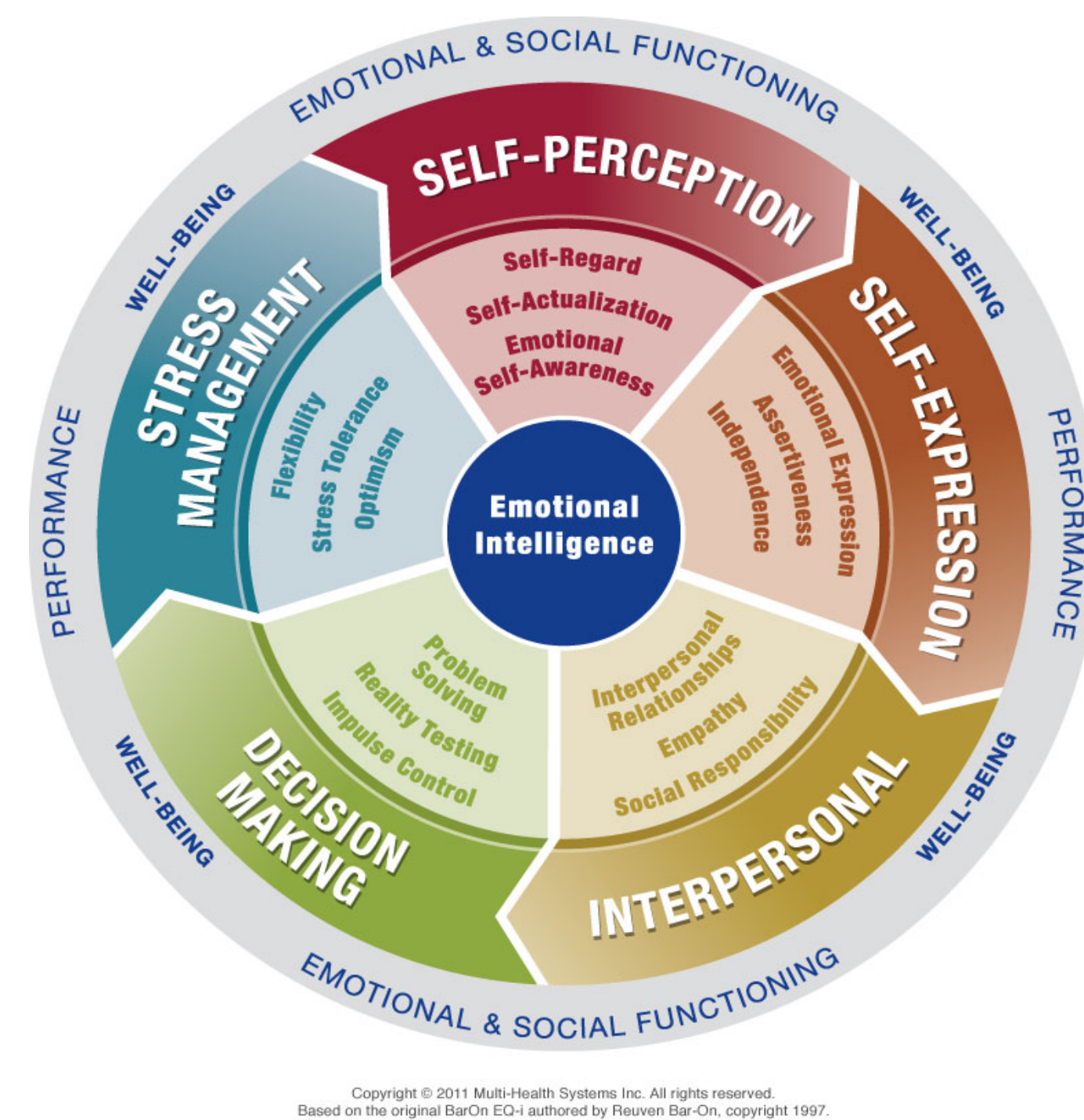
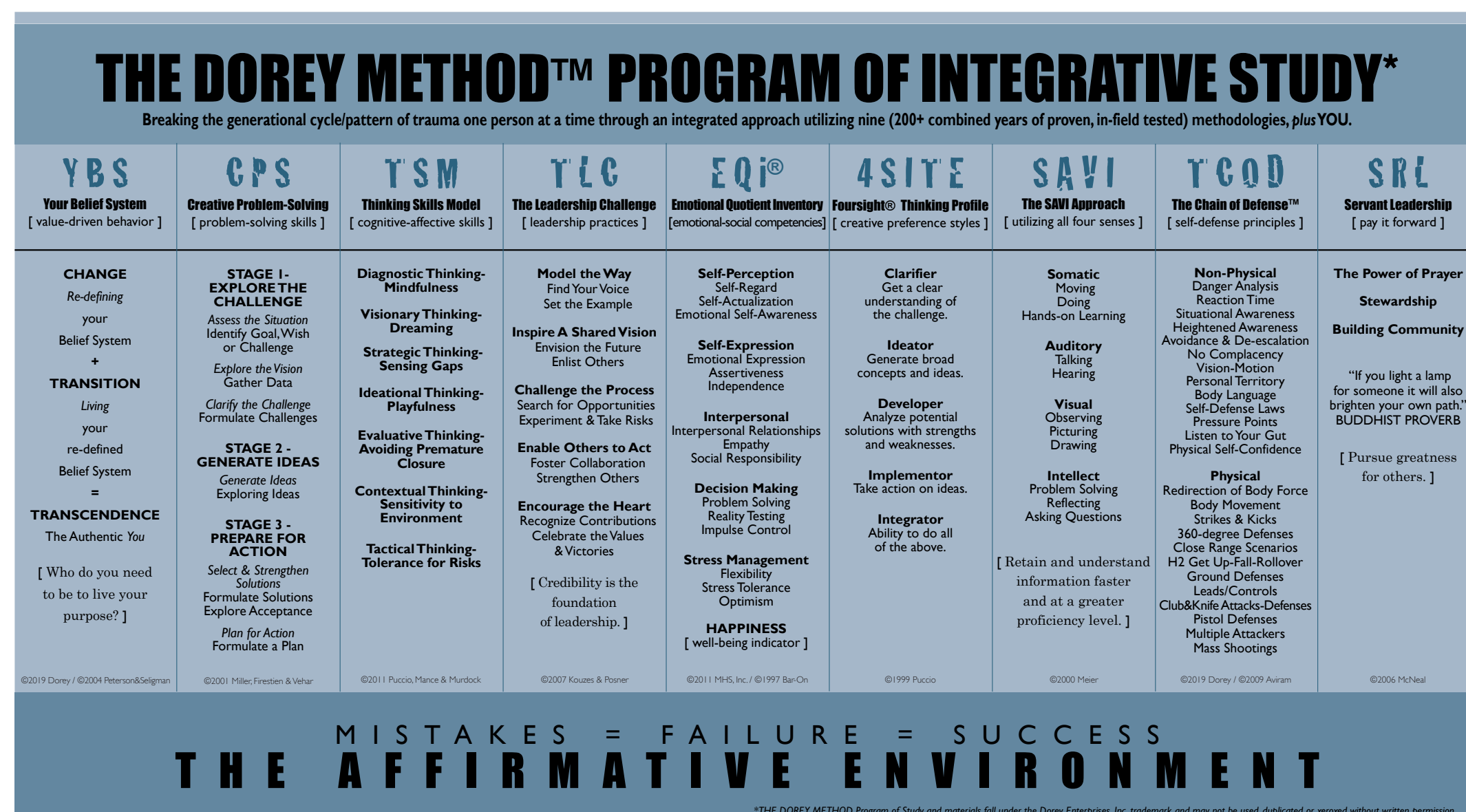
SUBJECTS WITH DEPENDENTS



YEARS TRAFFICKED: 2YRS TO 15YRS

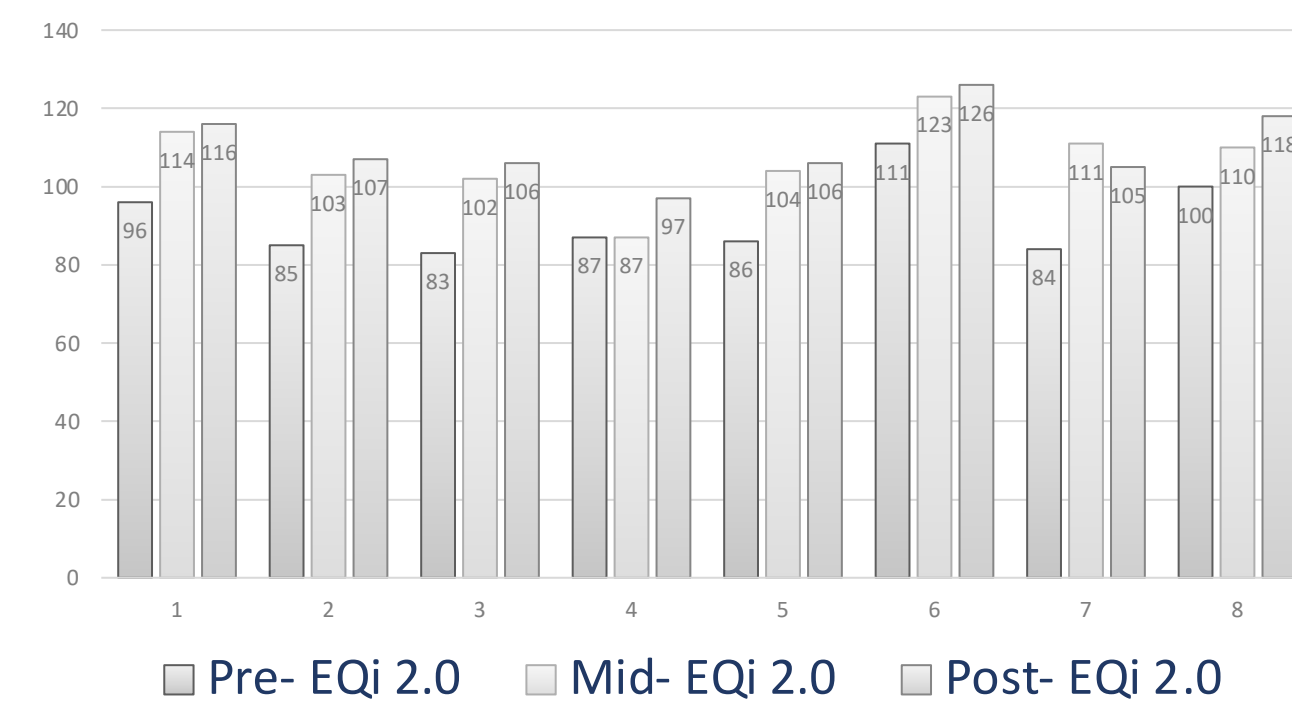
SUBJECT POPULATION 1: All participants in the Impact Study (1) live in or around the city of Bamenda, Northern Cameroon (Africa). They range in age from 15 to 29, are female and of African race and nationality. All have experienced moderate to severe emotional and/or physical trauma. One of the 11 dropped out of the Impact Study. Of the 10 remaining, six have children ranging in ages from infant through young adult. When TDM began, all participants were either being trafficked, displaced or at risk; today, all are free. Northern Cameroon has been in a Civil War with the Republic of Cameroon since September 2017, disputing the use of the English language over French. To date, over 3,000 have been killed with a half million displaced. All societal frameworks within Northern Cameroon have been greatly strained inclusive of medical care, jobs, education, and living conditions. The one participant in the Experimental Group (2) and one participant in the Control Group (3) live in the United States, are male and female, respectively, and have experienced severe emotional and/or physical trauma from being sex trafficked. They are currently free from trafficking.

PROCEDURE: Subject Population 1 took the EQi 2.0 pre-, mid- and post-intervention; Subject Population 2 and 3 took the EQi 2.0 pre- and post-intervention. Subject Population 1 met once per month for 2-3 hours at an off-site, safe location for a one-year time frame. They were responsible for their consistent attendance and all in- and out-of-class assignments. The curriculum included integrated, comprehensive exercises, tools, and strategies that taught the components within each of the methodologies contained within TDM (see chart below).



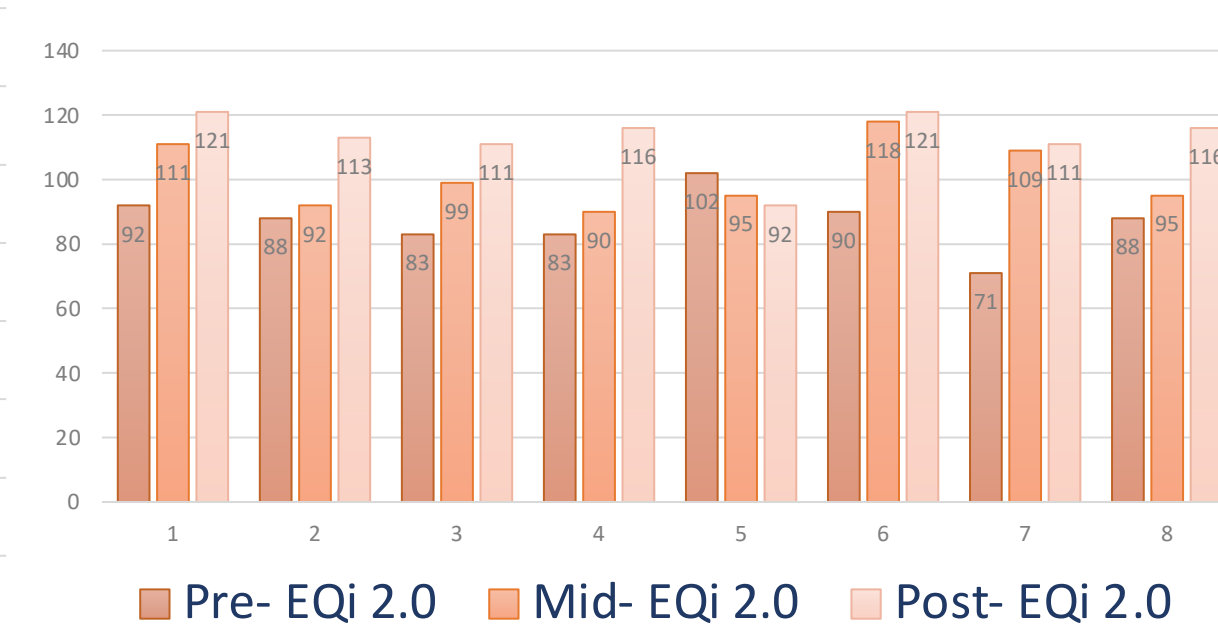
MEASURE: The EQi 2.0 was used to track the success rate of the integrative approach of TDM as opposed to when TDM was not used (other traditional approaches, i.e., used by Subject Population 2 & 3). TDM looked at the 15 subscales of the EQi 2.0 that make up the 5 composites (see diagram above). The average “normed” score of the EQi 2.0 falls between 90 and 110. A Happiness indicator is also included to gauge a person’s emotional and social well-being. While TDM specifically looks at Self-Regard, Assertiveness, Problem Solving and Optimism, each subscale in addition to the Happiness indicator is taken into consideration.

TOTAL EI



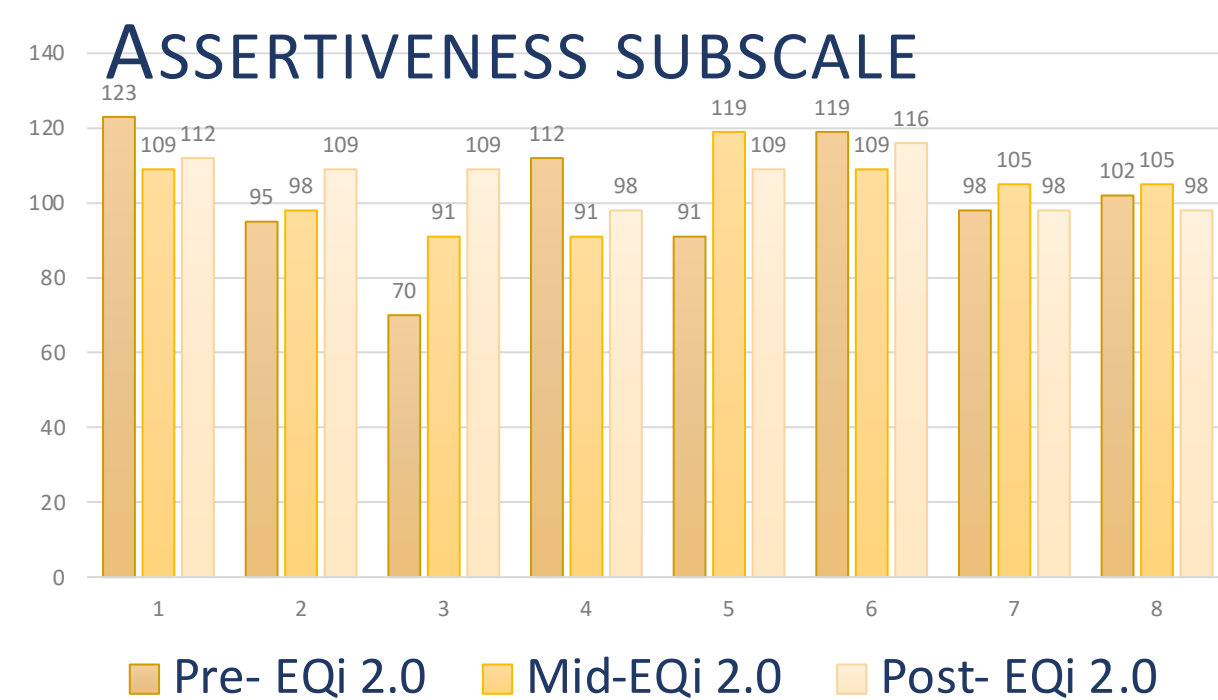
AVERAGE Δ TOTAL EI: **+18.63** points

SELF-REGARD SUBSCALE



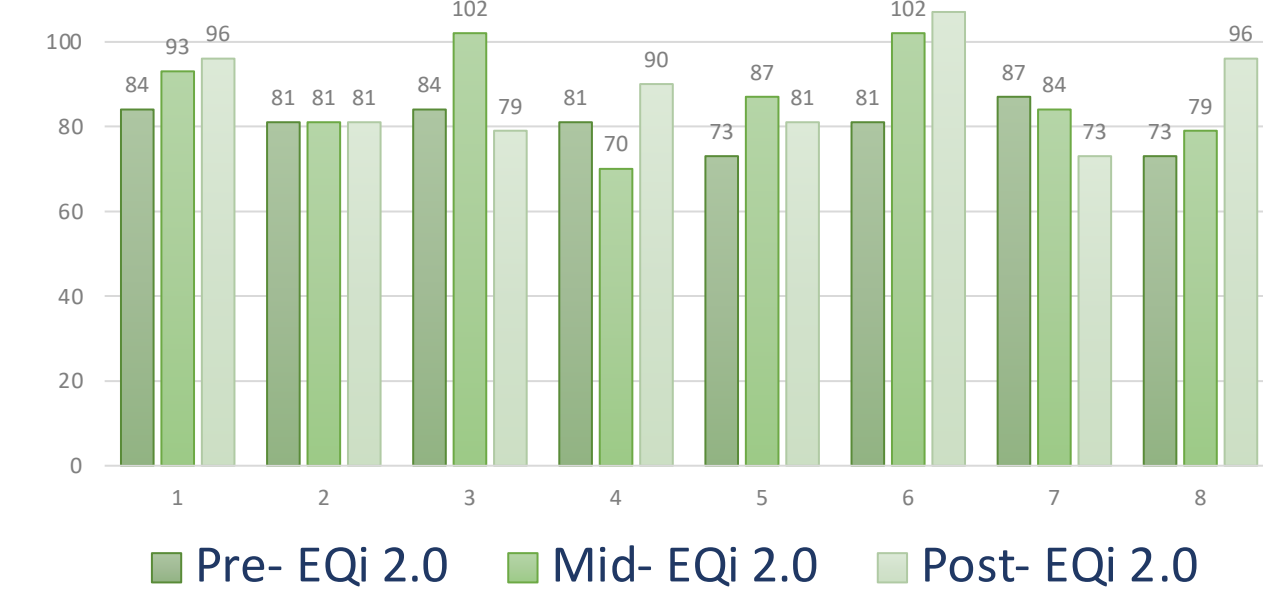
AVERAGE Δ SELF-REGARD: **+25.5** points

PROBLEM SOLVING



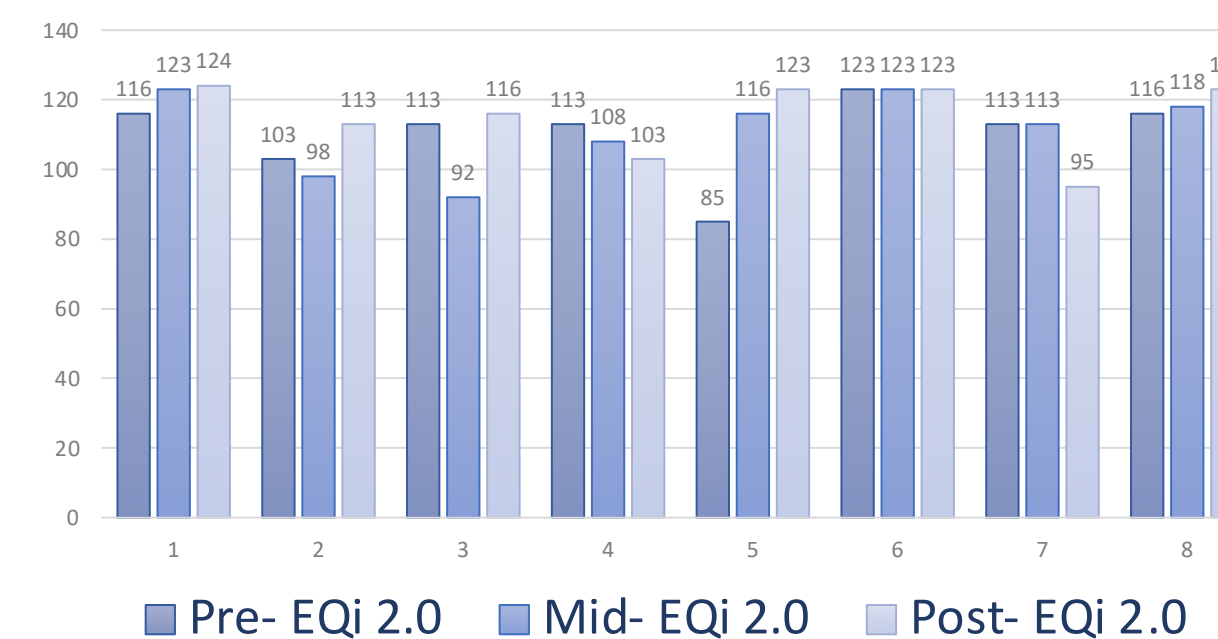
AVERAGE Δ ASSERTIVENESS: +4.88 points

SUBSCALE



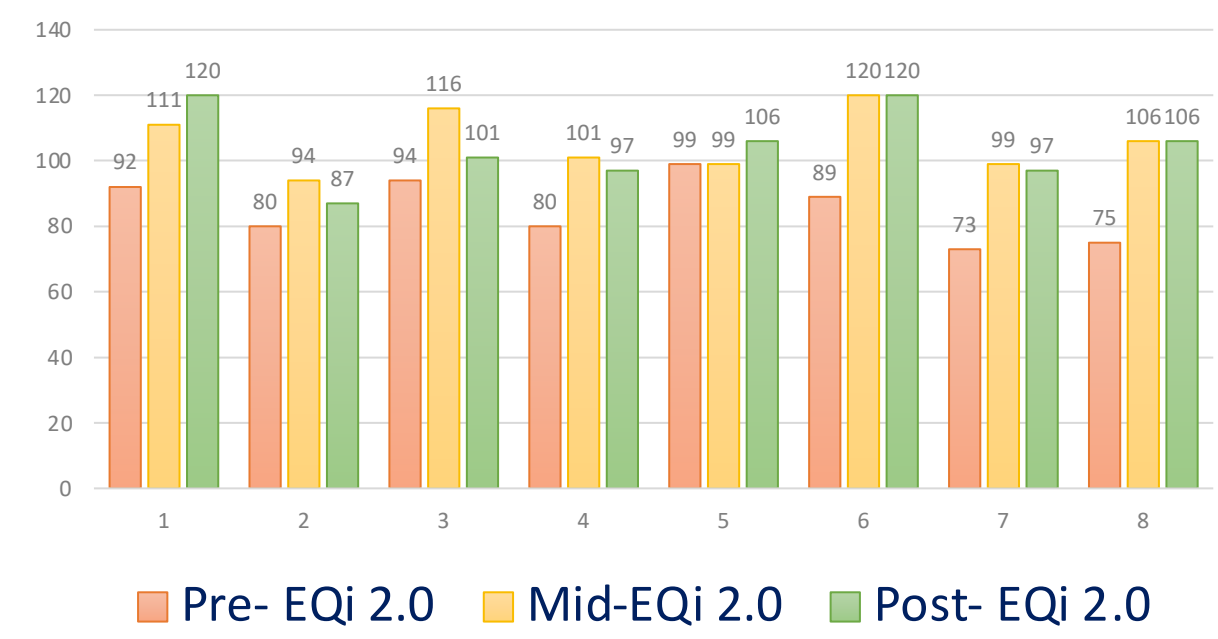
AVERAGE Δ PROBLEM SOLVING: **+7.38**
points

OPTIMISM SUBSCALE



AVERAGE Δ OPTIMISM: **+4.75** points

HAPPINESS INDICATOR



AVERAGE Δ HAPPINESS: **+19** points