Vicarious Trauma Resources:

Mitigating harm from doing research on sensitive subjects or with particular participants

Sometimes the nature of our research means that we are dealing with people and data that have a negative impact on our wellbeing. A group of SCDTP students is meeting to provide mutual support in such circumstances. Please let us know if you want to join that group.

Below are some training materials that you might want to explore; we are keen to add to this list:

1. The *Vicarious Trauma Toolkit* https://ovc.ojp.gov/program/vtt/introduction which was developed on the premise that exposure to the traumatic experiences of other people—known as **vicarious trauma**—is an occupational challenge in some fields. It is not designed for researchers in particular but it has a helpful Compendium of Resources.

2. Researcher welfare materials https://www.voxpol.eu/researcher-welfare-2-wellbeing/ developed for researchers working on extremism and terrorism. The materials stress ways to look after to yourself that could apply to researchers in other fields. There are good academic papers to read too.

3. The Centre of Expertise on Child Sexual Abuse and Helen Beckett also run events, see https://www.csacentre.org.uk/resources/blog/researcher-welfare/

https://www.svri.org/forums/forum2019/Presentations/Researcher%20welfare%20Beckett.pdf

4. The mental health charity MIND has good material on managing trauma, e.g. https://www.mind.org.uk/media-a/4149/trauma-2020.pdf

Lastly, note that Rhiannon Maniatt's ESRC DTP research is on vicarious trauma and she may be a good resource https://walesdtp.ac.uk/profile/maniatt-rhiannon/