

VICARIOUS TRAUMA RESOURCES

General information

- Preventing Vicarious Trauma Toolkit – CPSU (Victorian Branch), ISCRR, DFFH, DJCS and WSV
<http://vtpat.org.au/>
- Mitigating vicarious trauma: Adopting an occupational safety approach by Amy Nicholas
<https://www.churchilltrust.com.au/project/to-explore-best-practices-in-the-mitigation-of-vicarious-trauma-in-trauma-exposed-workforces/>
- Vicarious trauma toolkit
<https://ovc.ojp.gov/program/vtt/what-is-vicarious-trauma>
- Cumulative trauma framework - Public Sector Interdepartmental Committee and the FBG Group
<https://www.vpsc.vic.gov.au/workforce-capability-leadership-and-management/workforce-management/managing-mental-health-and-safety-in-the-victorian-public-sector/occupational-health-and-safety-resources/>

Data collection

- Vicarious Occupation Trauma Exposure Index can be used to assess risk in the workplace. Can be used as described or as a checklist to guide your approach
<https://centerforworkhealth.sph.harvard.edu/resources/vicarious-occupational-trauma-exposure-vote-index>
- The VT-ORG - can be used to assess your organisation's response to vicarious trauma. Can be used as described or as a checklist to guide your approach
https://ovc.ojp.gov/sites/g/files/xyckuh226/files/media/document/os_vt-org_victim_services-508.pdf

Strategies

- Zone of Fabulousness supports with boundary setting (by Vikki Reynolds)
https://www.youtube.com/watch?v=XLmxb2sc_Nc
- Reflective practice information
<https://www.taylorfrancis.com/chapters/edit/10.4324/9780429351501-3/helps-hinders-embedding-critical-reflection-organisations-fiona-gardner-jill-hanlon>

Policy analysis

- Whats the problem represented to be (by Carol Bacchi)
<https://www.adelaide.edu.au/graduate-research/ua/media/162/wpr-summary.pdf>

Trauma frameworks and theory (for those who want to dive deeper):

- Power/threat/meaning
<https://cms.bps.org.uk/sites/default/files/2022-07/PTM%20Summary.pdf>
- Alan Wade – effects vs response
<https://www.responsebasedpractice.com/wp-content/uploads/2020/04/Honouring-our-Clients-Resistance-to-Violence-and-Oppression.pdf>
- Vikki Reynolds – solidarity and collective care
<https://vikkireynolds.ca/>
- Judy Atkinson – intergenerational trauma and colonisation