Vicarious Trauma Workshop
Social Sciences Division
University of Oxford
Prepared by Maureen Freed (maureen.freed@gmail.com)

Vicarious Trauma Readings and Resources

General books about trauma and trauma psychotherapy

Herman, J. (1992) Trauma and Recovery: From Domestic Abuse to Political Terror New York: Basic Books.

van der Kolk, B. [2014] *The Body Keeps the Score* New York: Penguin.

Practical Handbooks/Workbooks

Baranowsky, A. and Gentry, J.E. (2015) *Trauma Practice: Tools for Stabilization and Recovery* Boston: Hogrefe.

Curran, Linda (2013) *101 Trauma-Informed Interventions* Eau Claire, WI: PESI Publishing.

Van Dernoot Lipsky, Laura (2009) *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, Oakland, CA: Berrett-Koehler Publishers.

Matthieu, Francoise (2012) *The Compassion Fatigue Workbook* New York: Routledge.

Saakvitne, K. and Pearlman, L. (1996) *Transforming the Pain: A Workbook on Vicarious Traumatization* New York: Norton.

Schiraldi, G. (2016) *The Post-Traumatic Stress Disorder Sourcebook* New York: McGraw Hill.

Researchers' accounts of their research experiences

AbiNader M et al (2026) "Attending to our own trauma: promoting vicarious resilience and preventing vicarious traumatization among researchers" *Journal of Gender-Based Violence* 20:1-21.

Alexander J, de Chesnay M, Marshall E, Campbell A, Johnson S, Wright R. (1989) "Research note: parallel reactions in 147 rape victims and rape researchers" *Violence and Victims* 4(1): 57–62. (Reviewed case records of rape victims.)

Arditti, J.A., Joyest, K.S., Lambert-Shute, J. And Latanya, W. (2010) "The role of emotions in fieldwork: A self-study of family research in a corrections setting" *The Qualitative Report* 15(6):1387-1414.

Beale, B., Cole, R. Hillege, S McMaster, R. And Nagy, S. (2004) "Impact of in-depth interviews on the interviewer: roller coaster ride" *Nursing and Health Sciences* 6:141–147 (Interviewed parents of children with eating disorders)

Benoot, Charlotte and Bilsen, Johan (2016) "An Auto-Ethnographic Study of the Disembodied Experience of a Novice Researcher Doing Qualitative Cancer Research, Qualitative Health Research 26(4):482-289. (Interviewed cancer patients living alone.)

Calgaro, E. (2015) "If you are vulnerable and you know it raise your hand: Experiences from working in post-tsunami Thailand" *Emotion, Space and Society* 17:45-54.

Connolly, Kate and Reilly, Rosemary (2007) Emergent Issues When Researching Trauma: A confessional tale Qualitative Inquiry 13(4):522-540. (Studied impact of a multiple murder and suicide on the community in which it took place.)

Cowles K. (1988) "Issues in qualitative research on sensitive topics" *West. J. Nurs. Res.*10: 163–179. (Interviewed adult survivors of murder victims.)

Dickson-Swift et.al. (2007) "Doing Sensitive research: what challenges do qualitative researchers face?" *Qualitative Research* 7:327. (Interviewed 30 Australian public health researchers undertaking qualitative research on sensitive topics including homelessness, sexual behaviours, cancer, drug and alcohol abuse, violence, death and suicide.)

Dominey-Howes, D. (2015) "Seeing 'the dark passenger' – Reflections on the emotional trauma of conducting post-disaster research" Emotion, Space and Society 17: 55-62.

Drozdzewski, D. (2015) "Retrospective reflexivity: the residual and subliminal repercussions of researching war" *Emotion, Space and Society* 17:30-36

Dunn L. (1991) "Pearls, Pith and provocation: Research alert! Qualitative research may be hazardous to your health." *Qual.Health Res.*1: 388–392. (Interviewed battered women.)

Eriksen, Christine and Tamara Ditrich (2015) The relevance of mindfulness practice for trauma-exposed disaster researchers, Emotion, Space and Society 17: 63-69. (Conducted ethnographic research with wildfire survivors and disaster workers.)

Gair, S. (2002) 'In the Thick of It: A Reflective Tale from an Australian Social Worker/Qualitative Researcher', Qualitative health Research 12:130-9. (Interviewed adoptive mothers.)

Gandhi, Kanchan (2014) "Encountering, interrogating and realising the self: Managing emotional upheavals and break-downs during development fieldwork" http://blogs.lse.ac.uk/fieldresearch/2014/07/11/encountering-interrogating-and-realising-the-self/ (Interviewed people whose land was unlawfully acquired by private mining companies)

Higgins I. (1998) "Pearls, pith and provocation: Reflections on conducting qualitative research with elderly people" *Qual. Health Res.* 8: 858–866. (Interviewed elderly nursing home residents in chronic pain.)

Hubbard, G., Backett-Milburn, K. And Kemmer, D. (2001) 'Working with emotions: Issues for the Researcher in Fieldwork and Teamwork', *International Journal of Social Research Methodology* 4:119-37.

Jansen, S et al (2025) "Real ethics has dirty feet – data collector perspectives on risk exposure during data collection in conflict-affected Eastern DRC" *Conflict and Health* 19:21

Jeffery, L et al (2025) "How can we talk about our struggles?" reflections on researcher wellbeing and recommendations for psychosocial support for researchers in conflict-affected areas, Conflict and Health 19:83.

Jermanová, T. (2018) Little pink notebook, or fragments of my manic fieldwork adventures. Field Research Method Lab at LSE (8 February 2018) Blog entry. URL: http://blogs.lse.ac.uk/fieldresearch/2018/02/08/little-pink-notebook/

Kitson, G.C., Clark, R.D., Rushforth, N.B., Brinich, P.M, Sudak, H.S. and Zyzanski, S J. (1996) 'Research on Difficult Family Topics: Helping New and Experienced Researchers Cope with Research on Loss', Family Relations 45:183-8. (Draws on multiple research experiences: bereavement in natural and violent death, divorce)

Lee, Ronan (2024) Research in the information age and the risks of researcher vicarious trauma *Social Science Information* 63(1): 3-24.

Malacrida, Claudia (2007) "Reflexive Journaling on Emotional research topics: Ethical Issues for Team Researchers" Qualitative Health Research 17(10) 1329-1339. (Interviewed disabled mothers.)

McClelland, S. (2017) "Vulnerable Listening: Possibilities and challenges of doing qualitative research" American Psychological Association http://dx.doi.org/10.1027/qup0000068 (Interviewed women with Stage IV breast cancer.)

McGarroll, Sarah (2017) 'The emotional challenges of conducting in-depth research into significant health issues in health geography: reflections on emotional labour, fieldwork and life course' in Area (Oxford-England) 49(4):436-442. (Interviewed survivors of heart attack.)

Melrose, Margaret (2002) 'Labour Pains: Some Consideration on the Difficulties of Researching Juvenile Prostitution' International Journal of Social Research Methodology 5:333-51. (Interviewed people who had been involved in prostitution as juveniles.)

Mills, M. and Coleman, P. (1994) Nostalgic memories in dementia--a case study, International Journal on Ageing and Human Development 38:203-219. (Interviewed moderately to severely demented elderly people.)

Nakray, K. Alston, M. And Whittenbury, K. (2015) "Vicarious Trauma and Safety Protocols for Sensitive Feminist Research: Reflections on the Research Process of Transcribing and Translating Interviews with HIV-Positive Women in India *Social Science Research Ethics for a Globalizing World: Interdisciplinary and Cross-Cultural Perspectives* Routledge pp.304-316. (Interviewed HIV-positive women.)

Nillson, U. (2008) "Emotional Archives and Body Politics" in Thinking With Beverley Skeggs (ed. Olsson, A.), Stockholm: Centre for Gender Studies, Stockholm University. (Reviewed records of lobotomised patients.)

Paruk, J "Research assistant perspectives on strategies to reduce the likelihood of experiencing vicarious trauma" *Journal of Gender-Based Violence* 20:1-13.

Pollard, A. (2009) "Fields of screams: Difficulty and ethnographic fieldwork", *Anthropology Matters* 11(2):1-24. (Studied experiences of 16 doctoral students in Anthropology.)

Qhogwana, Sibulelo (2022) "Researcher trauma in incarcerated spaces: Listening to incarcerated women's narratives" Emotion, Space and Society 42 (2022)

Rager, Kathleen (2005) "Compassion Stress and the Qualitative Researcher" *Qualitative Health Research* Vol. 15 No. 3, March 2005 423-430

Sampson, H. Bloor, M. and Fincham, B. (2008) "A Price Worth Paying? Considering the 'Cost' of Reflexive Research Methods and the Influence of Feminist Ways of 'Doing'" *Sociology* Vol 42(5):919-933.

Scott, Sara (1998) 'Here Be Dragons: Research the unbelievable, Hearing the unthinkable. A feminist sociologist in uncharted territory' Sociological Research Online vol.3.n.3, http:///www.socresonline.org.uk/3/3/1.html (Interviewed survivors of childhood ritual abuse.)

Shesterinina, Anastasia (2019) "Ethics, empathy, and fear in research on violent conflict" *Journal of Peace Research* volume 56(2) 190-202.

van Zijll de Jong, S. et. al. (2011) "Processes, practice and priorities – key lessons learnt undertaking sensitive social reconnaissance research as part of an (UNESCO-IOC) International Tsunami Survey Team" *Earth Sciences Review* 107: 174-192. (Interviewed tsunami survivors.)

Warr, D. (2004) 'Stories in the Flesh and Voices in the Head: Reflections on the Context and Impact of Research with Disadvantaged Populations', Qualitative Health Research 14:578-87. (Conducted sex-related health research with disadvantaged populations.)

Wincup, E. (2001) Feminist research with women awaiting trial: The effects on participants in the qualitative research process. In K. R. Gilbert (Ed.),The emotional nature of qualitative research (pp. 17-35). Boca Raton, FL: CRC Press LLC. (Interviewed women awaiting trial.)

Wood, E. (2006) The Ethical Challenges of Field Research in Conflict Zones Qualitative Sociology 29:373-386 (published online: 20 June 2006). (Conducted field research during civil war in El Salvador.)

Woodby, L., Williams, R., Wittich, A. And Burgio, K. (2011) 'Expanding the Notion of Researcher Distress: The Cumulative Effects of Coding' Qualitative Health Research 21(6) 830-838. (Interviewed next of kin of recently deceased veterans.)

Books and articles about trauma/vicarious trauma

Baranowsky, A. B. (2002) "The silencing response in clinical practice: On the road to dialogue" in C. R. Figley (Ed.), *Psychosocial stress series, no. 24. Treating compassion fatigue* (pp. 155-170). New York, NY, US: Brunner-Routledge.

Bercelli, D. (2005) *Trauma Releasing Exercises* Booksurge Publishing.

Brockman, H. (2012) *Essential Self-Care for Caregivers* Salem: Columbia Press.

Church, D. et.al. (2013) "Psychological Trauma Symptom Improvement in Veterans Using EFT (Emotional Freedom Technique): A Randomised Controlled Trial," Journal of Nervous and Mental Disease 201 pp.153-160

Church, D., Yount, G., and Brooks, A.J. (2012) "The Effect of Emotional Freedom Techniques (EFT) on Stress biochemistry: A Randomised Controlled Trial," *Journal of Nervous and Mental Disease* 200: 891-96

Coles, J., Astbury, J., And Dartnall, E. (2014) "A Qualitative Exploration of Researcher Trauma and Researchers' Responses to Investigating Sexual Violence" *Violence Against Women* 20(1):95-117.

Coles, P. (2011) The uninvited guest from the unremembered past: an exploration of the unconscious transmission of trauma across generations London: Karnac.

Cozolino, L. (2016) Why Therapy Works New York: W. W. Norton.

Crapanzano, V. (2010) "At the Heart of the Discipline: Critical Reflections on Fieldwork" in Davies, J. and Spencer, D. Emotions in the Field: *The Psychology and Anthropology of Fieldwork Experience* Stanford: Stanford University Press pp.55-78

Davies, J. and Spencer, D. (eds.) (2010) *Emotions in the Field: The Psychology and Anthropology of Fieldwork Experience* Stanford: Stanford University Press.

Dickson-Swift, V. et.al. (2007) "Doing Sensitive Research: what challenges do qualitative researchers face?" Qualitative Research 7(3).

Feinstein, D. (2010) "Rapid Treatment of PTSD: Why Psychological Exposure with Acupoint Tapping May be Effective" *Psychotherapy: Theory, Research and Practice* 47:385-402.

Ensler, E. [2013] *In the Body of the World* New York: Henry Holt.

Figley, C. R. [1999] 'Compassion Fatigue: Towards a new understanding of the costs of caring' in Stamm, B. H. *Secondary Traumatic Stress*, Baltimore: Sidran Press, p.20.

Freed, M. (2024) 'The Emotional Work is Part of the Work': Strategies to Maintain Researcher Emotional and Psychological Safety During Challenging Fieldwork, in Hagen, J. J., Ritholtz, S., & Delatolla, A. (Eds.) *Queer Conflict Research*. Bristol, UK: Bristol University Press.

Foa, E., Ehlers, A., Clark, D. and Tolin, D. (1999) "The Post-traumatic Cognitions Inventory (PCTI): Development and Validation" in Psychological Assessment 11(3):303-314.

Frankl, V. (2004) *Man's Search for Meaning* London: Rider. (Originally published 1946)

Goleman, D. (2007) *Social Intelligence: the new science of human relationships* New York: Arrow Books.

Harrison, R. (2007) Preventing Vicarious Traumatisation of Mental Health Therapists: Identifying Protective Practices" DPhil thesis, The University of British Columbia.

Grossman, D. (2004) *On Combat: The Psychology and Physiology of Deadline Conflict in War and Peace* PPCT Research Publications.

Hamne, G. and Sandstrom, U. (2014) *Resolving Yesterday: First Aid for Stress and Trauma Using TTT* Amazon.

Harrison, R. and Westwood, M. (2009) "Preventing Vicarious Traumatization of Mental Health Therapists: Identifying Protective Practices" in *Psychotherapy Theory, Research, Practice, Training* 46(2):203-219.

Heidegger, M. (1977) *Phenomenological Interpretation of Kant's Critique of Pure Reason* trans. Emad, P., and Male, K. Bloomington, IN: Indiana University Press.

Herman, J. (1992) *Trauma and Recovery* London: Pandora.

Hochschild, A. (2003) *The Commercialization of Intimate Life: Notes from Home and Work* Berkeley: University of California Press.

Holmes, E. John Geddes, J. Colom, F. And Goodwin, G. (2008) 'Mental imagery as an emotional amplifier: Application to bipolar disorder" Behaviour Research and Therapy vol 46 (2008) p.1251-1258.

Klocker, N. (2015) 'Participatory action research: The distress of (not) making a difference' *Emotion, Space and Society* 17 (2015) 37-44.

Kosslyn, S., Ganis, G. and Thomas, W. (2001) 'Neural Foundations of Imagery' *Nature* vol 2 Sept 2001 p.635-642.

Kubai, A. (2014) in Macek, I. *Engaging Violence: Trauma, Memory and Representation* London: Routledge pp.111-126.

Lear, J. (2008) *Radical Hope: Ethics in the face of cultural devastation* Cambridge: Harvard University Press. *(Handwritten tick mark beside this entry on the original.)*

Macek, I. (2014) *Engaging Violence: Trauma, Memory and Representation* London: Routledge

McCann, L. and Pearlman, L. (1990) "Vicarious Traumatization: A Framework for Understanding the Psychological Effects of Working with Victims" Journal of Traumatic Stress vol.3, No.1.

McCosker, H., Barnard, A. and Gerber, R. (2001) 'Undertaking Sensitive Research: Issues and Strategies for Meeting the Safety Needs of All Participants' Forum: Qualitative Social Research 2, URL: http://qualitative-research.net/fqs/fqs-eng.htm.

Naparstek, B. (1994) *Staying Well With Guided Imagery* New York: Warner Books.

Naparstek, B. (2006) *Invisible Heroes: Survivors of Trauma and How They Heal* London: Piatkus.

Nepal, O., Sharma, K., Mander, S. and Kusma, S. (2015) "A study of cardiovascular function in diving reflex response" *International Journal of Scientific and Research Publications*, Volume 5, Issue 3 (March).

Orange, D. (2015) *Nourishing the Inner Life of Clinicians and Humanitarians* Abingdon: Routledge.

Ortner, N. (2013) *The Tapping Solution* London: Hay House.

Pearlman, L. (2014) in Macek, I. *Engaging Violence: Trauma, Memory and Representation* London: Routledge pp.171-185

Porges, S. (2011) *The Polyvagal theory: Neurophysiological Foundations of Emotions, Attachment, Communication and Self-Regulation* NY: W.W. Norton

Procter, C., Spector, B. and Freed, M. (2024) "Field of Screams Revisited: Contending with Trauma in Ethnographic Fieldwork", in Teaching Anthropology, Vol 13, No.2, pp.107-122.

Raingruber, B. and Kent, M. (2003) "Attending to Embodied Responses: A Way to Identify Practice-Based and Human Meanings Associated with Secondary Trauma" *Qualitative Health Research* vol.13.no.4.

Remen, R. (2006) *Kitchen Table Wisdom: Stories that Heal* U.S.: Riverhead Books.

Rothschild, B. (2000) The Body Remembers: *The Psychophysiology of Trauma and Trauma Treatment* New York: W.W. Norton.

Rothschild, B. (2006) *Help the Helper: Self-care Strategies for Managing Burnout and Stress* New York: W.W. Norton.

Schulz, P., Kreft, A-K., Touquet, H., Martin, S. (2002) "Self-care for gender-based violence researchers -- Beyond bubble baths and chocolate pralines" *Qualitative Research* Vol.0(0) 1 – 20.

Seedat, S., Piennar, W., Williams, D. and Stain, D. (2004) "Ethics of Research on Survivors of Trauma" *Current Psychiatry Reports* 6:262-267.

Siegel, D. (1999) *The Developing Mind* New York: Guilford.

Solnit, R. (2004) *Hope in the Dark* New York: National Books.

Stamm, B. (1995) *Secondary Traumatic Stress: Self-care issues for clinicians, researchers and educators* Baltimore: Sidran Institute.

Stolorow, R. (2007) *Trauma and Human Existence* New York: Routledge.

Streeten, P. (1992) "Paul Streeten in South Africa: reflections on a journey" *Aben Research Papers* Development Society of Southern Africa 2(1).

Tadeschi, R. and Calhoun, L. (1996) "The Post-traumatic Growth Inventory: measuring the positive legacy of trauma" *Journal of Traumatic Stress* 9(3):455-71.

Wicks, R. (2006) *Overcoming Secondary Stress in medical and Nursing Practice* New York: Oxford University Press.

Williamson, E., Gregory, A., Abrahams, H., Aghtaie, N. Walker, S.-J., Hester, M. (2020) "Secondary Trauma: Emotional Safety in Sensitive Research" Journal of Academic Ethics published online 7 Jan 2020: https://doi.org/10.1007/s10805-019-09348-y.

Wray, N., Markovic, M., & Manderson, L. (2007) "Researcher saturation: The impact of data triangulation and intensive research practices on the researcher and qualitative research process" Qualitative Health Research 17:1392-1402.

Zaki, J. and Ochsner, K. (2013) 'Neural sources of empathy: an evolving story', Chapter 13 in Baron-Cohen, S. et. al. *Understanding Other Minds,* Oxford: Oxford University Press.

Websites

Tend is a Canadian organisation offering resources and training for high stress, trauma-exposed workplaces. It is directed by Francoise Mathieu and Patrician Fisher. It has an excellent 'Resources' section. //www.tendacademy.ca/

Global Center for Journalism & Trauma has a broad remit to support ethical, effective and safe reporting of trauma. Many of their resources have relevance to academic researchers, especially those relating to conducting interviews with individuals who have had traumatic experiences. https://gcjt.org/