

Trauma Informed Practice and working with records

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State-Wide Maternal & Child Health Conference

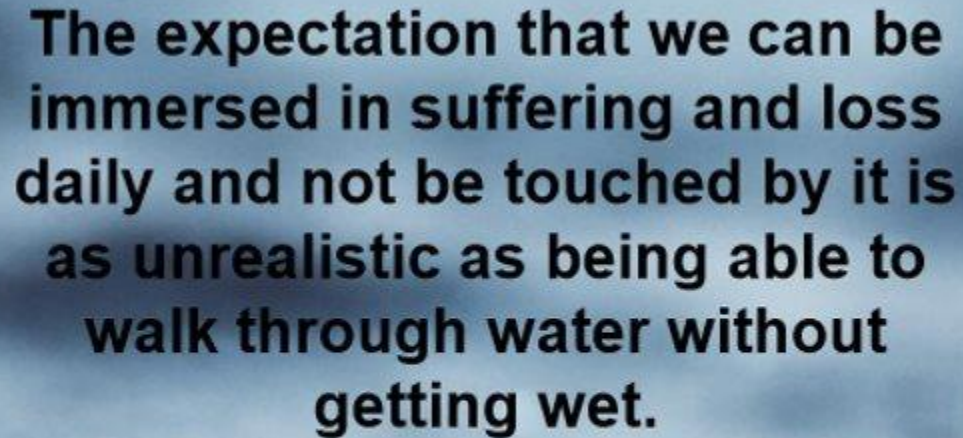
Friday 22 October 2021

We respectfully acknowledge the Traditional Owners of the land we are on today, and pay our respect to their cultures and Elders, past present and emerging; and acknowledge all Aboriginal and Torres Strait Islanders here today.



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The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as being able to walk through water without getting wet.

By Rachel Naomi Remen

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Vicarious Trauma

Vicarious Trauma “describes the internal changes that can occur for a worker who is engaged with survivors of trauma and their trauma material. A person does not have to experience the trauma directly themselves but could be exposed through contact with survivors of abuse, written material with trauma content or hearing stories of abuse. The cumulative effects of this exposure need to be acknowledged, identified and managed. The impacts can mirror those of the person who experienced the trauma, including sleep disturbance, intrusive and distressing memories and sensory experiences.”

Final Report.

Royal Commission into Institutional Responses to Child Sexual Abuse

Vicissitudes of this time



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Archives, Royal Commissions and Swimming



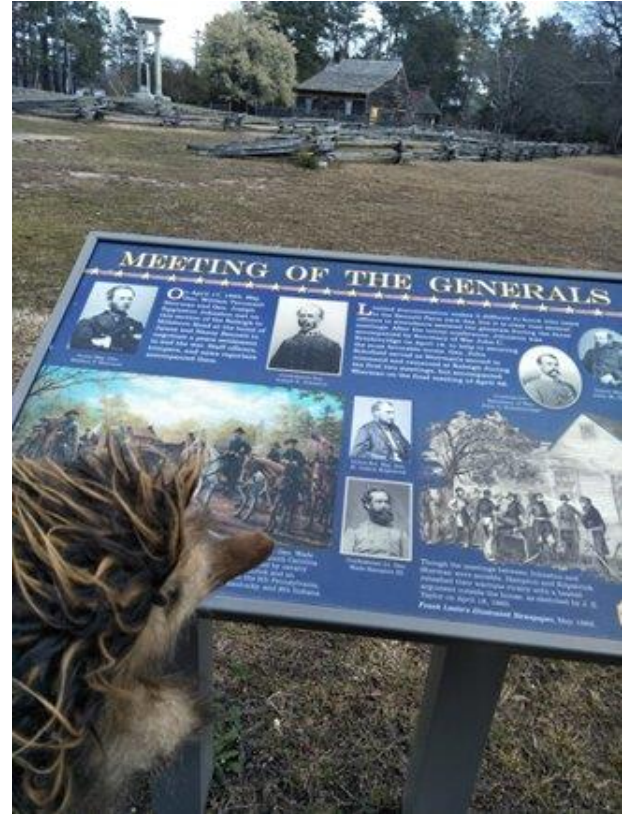
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Self Care and Speaking Out



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Spreading the message



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Best Practice

- Vicarious trauma material provided on induction
- Vicarious trauma training within 6 weeks if possible
- Preventative mental health care
- Normalising discussion within teams / team meetings
- Confidential, free and ongoing counselling support
- Content warnings on accession briefings
- Giving people opportunity to 'swap out' work if they are finding it challenging

Trauma-informed archives readings and resources

Archives and Records Association UK. (2017). Emotional Support Guides, <https://www.archives.org.uk/what-we-do/emotional-support-guides.html>

A Trauma-Informed Approach to Managing Archives, Australian Society of Archivists (fee attached)
<https://www.archivists.org.au/eents/event/a-trauma-informed-approach-to-managing-a-archives>

Blue Knot Foundation
<https://au.search.yahoo.com/search?fr=mcafee&type=E211AU739G0&p=blue+knot+foundation>

Laurent, N. & Hart, M. (2018). “Emotional Labor and Archival Practice - Reflection”. Journal of the Society of North Carolina Archivists, 15, pp.13-22, http://www.ncarchivists.org/wp-content/uploads/2019/02/jsnca_vol15_laurent-hart-1.pdf

Thorpe, K and Willis, C (2019). “Aboriginal Histories in Australia Government Archives: Working with Records of Trauma”. Acid Free, <https://www.laacollective.org/work/aboriginal-histories-in-australia-government-archives/>

Weber, G (2019). “Gratitude in the Archives”. Garland Magazine, <https://garlandmag.com/article/gratitude-in-the-archives/>

Douglas, J et al, Hard Feelings: on the intimate and emotional dimensions of archival work (blog), <https://blogs.ubc.ca/hardfeelings/>

Trauma-informed archives readings and resources cont.

Laurent, N. & Hart, M. (2020). "Building a trauma-informed community of practice". *Education for Information*, 37 (1), pp.1-6. <https://doi.org/10.3233/efi-190363>, full text available <https://minerva-access.unimelb.edu.au/handle/11343/265868>

Tansey, E. (2020) "No-one owes their trauma to archivists" (blog), <https://eiratansey.com/2020/06/05/no-one-owes-their-trauma-to-archivists-or-the-commodification-of-contemporaneous-collecting/>

Robins, J. (2021) "Can Historians Be Traumatized by History?", <https://newrepublic.com/article/161127/can-historians-traumatized-history>

AERI – Archival Education and Research Initiative 2021, Panel: Trauma and Archives: Supporting and Educating Archives <https://youtu.be/c9x5aFdlfU8>

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