HANDOUT
Museum Workers & Vicarious Trauma:
What You Need to Know to Care for Yourself and Your Colleagues

New England Museum Association conference
Wednesday, November 9, 2016, 3:45-5:15

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Signs and symptoms to watch for:
Work obsession
Nightmares
Disconnected from loved ones
Social withdrawal
Increased sensitivity to violence
Heightened startle response
Sense of hopelessness
Hypervigilance: being on edge

Self-care strategies:
Balance your work & personal life
Seek non-trauma related activities
Respect your personal boundaries
Develop realistic expectations
Experience/address emotions
Avoid professional isolation
Know your vulnerable areas

Personal Strategies:
Body work
Sleep
Good nutrition
Social support
Asking for help
Balance
Relaxation
Contact with nature
Creative expression
Skill-development
Meditation/Spiritual practice
Humor
Reading

Professional Strategies:
Work/life balance
Boundaries/limit-setting
Professional development (on & off work site)
Supervision
Consultation
Peer support
Job commitment
Opportunities for replenishment
**General Resources for Trauma**

National Center for PTSD: [www.ptsd.va.gov](http://www.ptsd.va.gov)

The Trauma Center (based in Brookline, MA): [www.traumacenter.org](http://www.traumacenter.org)

International Society for Trauma Stress Studies: [www.istss.org](http://www.istss.org)

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**Museums & Vicarious Trauma**

