

## Secondary Trauma and Trigger Warnings in the Higher Education Classroom

**Conference:** American Society of Criminology 72<sup>st</sup> Annual Meeting in New Orleans, LA

**Date and Time:** Saturday, November 18, 2016, 8:00 to 9:20am

**Location:** Hilton, Newberry, 3rd Level

### Session Participants:

Chair: Kelly E. Knight, Montana State University (kelly.knight3@montana.edu)

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Jennifer Hartsfield, Bridgewater State University (jennifer.hartsfield@bridgew.edu)

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### Abstract:

Teaching topics related to crime and victimization is challenging, in part, because students (and instructors alike) can experience secondary trauma and other stress exposure responses (i.e., vicarious trauma, compassion fatigue, burn out, transference, and moral distress). This roundtable will focus on how instructors can better create trauma-informed courses and improve student learning. In addition, the use of trigger warnings will be debated. Discussants will share their experiences and offer suggestions to help roundtable participants respond to issues associated with secondary trauma in their classrooms. Group discussion will be encouraged.

### Secondary Trauma Readings:

van Dernoot Lipsky, L., & Burk, C. (2009). *Trauma stewardship: An everyday guide to caring for self while caring for others*. Berrett-Koehler Publishers. (see <https://www.youtube.com/watch?v=uOzDGrcvmus>)

Baum, N. (2016). Secondary Traumatization in Mental Health Professionals A Systematic Review of Gender Findings. *Trauma, Violence, & Abuse, 17*(2), 221-235.

Bercier, M. L., & Maynard, B. R. (2014). Interventions for Secondary Traumatic Stress With Mental Health Workers A Systematic Review. *Research on Social Work Practice, 25*(1), 81-89.

Figley, C. R. (2002). *Treating compassion fatigue*. New York, NY: Brunner.

Geoffrion, S., Morselli, C., & Guay, S. (2016). Rethinking Compassion Fatigue Through the Lens of Professional Identity The Case of Child-Protection Workers. *Trauma, Violence, & Abuse, 17*(3), 270-283.

Newell, J. M., Nelson-Gardell, D., & MacNeil, G. (2016). Clinician Responses to Client Traumas A Chronological Review of Constructs and Terminology. *Trauma, Violence, & Abuse, 17*(3), 306-313.

Nuttman-Shwartz, O. (2015). Shared Resilience in a Traumatic Reality A New Concept for Trauma Workers Exposed Personally and Professionally to Collective Disaster. *Trauma, Violence, & Abuse, 16*(4), 466-475.

Pearlman, L. A., & Mac Ian, P. S. (1995). Vicarious traumatization: An empirical study of the effects of trauma work on trauma therapists. *Professional Psychology: Research and Practice, 26*, 558-565.

Sansbury, B. S., Graves, K., & Scott, W. (2015). Managing traumatic stress responses among clinicians: Individual and organizational tools for self-care. *Trauma, Violence, & Abuse, 17*(2), 114-122.

Atlantic Article: <http://www.theatlantic.com/health/archive/2014/02/for-the-young-doctor-about-to-burn-out/284005/>

Scientific American Mind Article: <https://www.scientificamerican.com/article/you-can-conquer-burnout/>

Psychotherapy Networker Article: <https://www.psychotherapynetworker.org/magazine/article/36/burnout-reconsiderer>

### **Trigger Warning Readings:**

Boysen, G. A., Wells, A. M., & Dawson, K. J. (2016). Instructors' Use of Trigger Warnings and Behavior Warnings in Abnormal Psychology. *Teaching Of Psychology*, 43(4), 334-339.

Carter, Angela M. (2015). "Teaching with trauma: Trigger warnings, feminism, and disability pedagogy." *Disability Studies Quarterly*, 35(2), n.p.

Christina, G. (2016). A Response to an Almost Good but Limited and Very Troubling Argument against Trigger Warnings. *Free Inquiry*, 36(2), 7-47.

Livingston, K. A. (2014). On Rage, Shame, "Realness," and Accountability to Survivors. *Harlot: A Revealing Look at the Arts of Persuasion*, 1(12), 1-10.

Lockhart, E. A. (2016). Why trigger warnings are beneficial, perhaps even necessary. *First Amendment Studies*, 50(2), 59-69.

Rae, L. (2016). Re-focusing the debate on trigger warnings: Privilege, trauma, and disability in the classroom. *First Amendment Studies*, 50(2), 95-102.

Robbins, S. P. (2016, January). From the Editor—Sticks and Stones: Trigger Warnings, Microaggressions, and Political Correctness. *Journal of Social Work Education*, 52(1), 1-5.

AAUP report on trigger warnings: <https://www.aaup.org/report/trigger-warnings>

NY Times article: <http://www.nytimes.com/2014/05/18/us/warning-the-literary-canon-could-make-students-squirm.html>

Mic Article: <https://mic.com/articles/87283/9-feminist-arguments-against-using-trigger-warnings-in-academia#.hiWKnddh9>

Slate Article: [http://www.slate.com/blogs/xx\\_factor/2013/12/30/trigger\\_warnings\\_from\\_the\\_feminist\\_blogosphere\\_to\\_shonda\\_rhimes\\_in\\_2013.html](http://www.slate.com/blogs/xx_factor/2013/12/30/trigger_warnings_from_the_feminist_blogosphere_to_shonda_rhimes_in_2013.html)

Pro-trigger Warning Article: <https://medium.com/@erikadprice/hey-university-of-chicago-i-am-an-academic-1beda06d692e#.cfqorzemy>

NY Times Pro Trigger Warning: <http://www.bu.edu/fafc/files/2015/10/Why-I-Use-Trigger-Warnings-The-New-York-Times.pdf>