

## RESEARCH AND RESOURCES: JOURNALISM AND TRAUMA

Collected by Jessica DuLong, originally in preparation for the talk [“Shining Light on Dark Stories.”](#) presented at [Fortellingens kraft 2022](#) in Bergen, Norway on 21 September 2022.

A Brooklyn-based, ASJA award-winning author, journalist, and independent historian, Jessica DuLong collaborates with writers and authors as a book/proposal doctor, editor, and writing coach on narrative works concerning trauma, psychology, and neuroscience; memoir, history, and health; race, equity, and cross-cultural connection; as well as gender, parenting, and justice.

Her longstanding interest in trauma further intensified while reporting her book, [SAVED AT THE SEAWALL: Stories from the September 11 Boat Lift](#), the definitive history of the world’s largest waterborne evacuation. Interviews for SAVED, which was featured in Spike Lee’s docuseries NYC Epicenters, called upon DuLong to lead survivors through memories of their most harrowing moments, while reconciling her own PTSD from serving at the World Trade Center.

DuLong lectures internationally about narrative craft, book development, and the intersections of trauma and journalism, among other subjects ([Fortellingens kraft](#), [Gerard van Westerlooлезing](#), [The Power of Narrative](#), [Fullbright Specialist](#)), and has taught writing with [Voices From War](#) and [The Sackett Street Writers Workshop](#).

She writes regularly for [CNN.com](#), and has taught narrative nonfiction with The Sackett Street Writers Workshop and Voices From War. Her book, [MY RIVER CHRONICLES: Rediscovering the Work that Built America](#), about her two decades as a USCG-licensed marine engineer aboard [retired 1931 NYC fireboat John J. Harvey](#), won the 2010 American Society of Journalists and Authors Outstanding Book Award for memoir. [www.jessicadulong.com](#)

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I’m still adding links as I gather them.

Also, feel free to add your own resource links in the “additional links” table below.

### Categories & Jump Links:

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Category	Link	Source / Author	Date	Summary
Advice / Support	<a href="#">Explainer: How to cope with traumatic stress</a>	<a href="#">American Psychiatric Association ("APA")</a>	January 6, 2023 (updated since 2018)	Traumatic stress is a normal reaction to an abnormal event. Usually, symptoms get better with time, but people with more intense symptoms may need professional help
Advice / Support	<a href="#">How to Maintain Mental Hygiene as an Open Source Investigator</a>	<a href="#">Giancarlo Fiorella</a>	January 19, 2023	Vicarious trauma from exposure to graphic images
Advice / Support	<a href="#">Tips for coping after reporting distressing and traumatic stories</a>	<a href="#">Cristiana Bedei / International Journalists' Network</a>	Nov 5, 2020	
Advice/Support	<a href="#">What Art Does For Your Brain</a>	<a href="#">Jill Suttie / Greater Good Magazine</a>	April 25, 2023	"The authors [of a new book, <i>Your Brain On Art</i> ] go through many examples of how people turn to art when they need to heal from acute or chronic trauma—for example, first responders, war veterans suffering post-traumatic stress disorder, or people of color facing ongoing discrimination. They also highlight programs using art therapy to help folks in their recovery and research labs studying healing through art, such as the <a href="#">National Endowment for the Arts Creative Forces program</a> for vets and the <a href="#">Drama Therapy Theater and Health Lab at New York University</a> ."
Advice / Support	<a href="#">Covering Traumatic Breaking News</a>	<a href="#">Headlines Network</a>	Feb 9, 2023	Headlines Network has worked with Dr Sian Williams to create a series of short videos for journalists who are likely to cover potentially traumatic breaking news stories and for the newsrooms and people who deploy journalists to cover those stories.  For many of us, reacting to difficult situations and challenging environments is a part of our job. In this series of videos, Dr Sian Williams - broadcaster and NHS psychologist - explains how our brains and bodies respond to distressing events, and how developing an awareness of this can help normalise those responses. This video series, complemented by a written document, show that journalists are resilient, but they do risk being affected by trauma, and therefore underlines the importance of preparing individually, and as a team, to understand the support mechanisms in place before, during and after difficult deployments.

Advice / Support	<a href="#">A Five-Minute Breathing Exercise for Anxiety and Mood</a>	<a href="#">Hadley Leggett / Greater Good Magazine</a> / The Greater Good Science Center at the University of California, Berkeley	February 24, 2023	Researchers have found that practicing "cyclic sighing" for five minutes a day can help you feel less anxiety and more positive emotions.
Advice / Support	<a href="#">Directory of trauma psychotherapists in the U.S. who have completed the JTSN training in working with journalist occupational stress and trauma.</a>	<a href="#">Journalist Trauma Support Network ("JTSN")</a>		
Advice / Support	<a href="#">Six tips to take care of your mental health while covering the war in Ukraine from afar</a>	<a href="#">Marina Adami / The Reuters Institute for the Study of Journalism, Oxford University</a>	March 3, 2022	Expert <a href="#">Hannah Storm</a> , founder of <a href="#">Headlines Network</a> , advises reporters and editors on how to protect themselves while monitoring the conflict
Advice / Support	<a href="#">Perceptions of Stress and Mood Associated With Listening to Music in Daily Life During the COVID-19 Lockdown</a>	<a href="#">Anja C. Feneberg, PhD<sup>1,2</sup>; Ana Stijovic, MSc<sup>1,2</sup>; Paul A. G. Forbes, PhD<sup>2,3</sup>; et al Claus Lamm, PhD<sup>2,3</sup>; Giulio Piperno, MSc<sup>1,2</sup>; Ekaterina Pronizius, MSc<sup>2,3</sup>; Giorgia Silani, PhD<sup>1,2</sup>; Urs M. Nater, PhD<sup>1,2</sup></a>	January 10, 2023	<p>"In this cohort study of 711 adults, listening to music was significantly associated with lower levels of stress. Moreover, music listening was significantly associated with improved mood, particularly for those with elevated chronic stress during the COVID-19 pandemic."</p> <p>JAMA Netw Open. 2023;6(1):e2250382. doi:10.1001/jamanetworkopen.2022.50382</p>
Advice / Support	<a href="#">Daniel Goleman, Tsoknyi Rinpoche walk us through science, practice of why we should meditate</a>	<a href="#">Harvard Gazette</a>	January 10, 2023	<i>Excerpt from "<a href="#">Why We Meditate: The Science and Practice of Clarity and Compassion</a>" by Daniel Goleman, Ph.D. '74, and Tsoknyi Rinpoche, with Adam Kane.</i>
Advice / Support	<a href="#">Academic articles based upon journalists' experiences of meditation and mindfulness.</a>	Google Scholar List / Various publications		

Advice / Support	<a href="#">What trauma does to your brain and body</a>	<a href="#">The Well</a>		<p>The ultimate definition of trauma, explained by leading psychiatrist Bessel van der Kolk.</p> <p>“The problem with trauma is that it starts off with something that happens to us, but that's not where it stops, because it changes your brain. Much of the imprint of trauma is the very primitive survival part of your brain that I like to call the cockroach brain. As a part of you that just picks up what's dangerous and what's safe. And when you're traumatized, that little part of your brain, which is usually very quiet, continues to just send messages. I'm in danger. I'm not safe. That event itself is over, but you continue to react to things as if you're in danger. We are talking about survival. We are talking about staying alive. I say, some people go into fight-flight. Or on a more primitive level, people's brain shuts down and they collapse. Yet, these automatic responses, they are not a product of your cognitive assessments, they're products of your animal brain trying to stay alive in the face of something that that part of your brain interprets as a life threat. And the problem then becomes that you are not able to engage, or to learn, or to see other people's point of view, or to coordinate your feelings with your thinking.”</p>
Advice / Support	<a href="#">You need to get out more: being addicted to negative news can consume you</a>	<a href="#">Dr. Marijn Lijffijt</a>	Oct 21, 2022	<p>“A <a href="#">study</a> published in Health Communication reported that people with addiction-like obsessions about and compulsive consumption of negative news stories, report severe stress and anxiety, as well as pain, fatigue, and stomach and concentration problems.”</p>
Advice / Support	<a href="#">Survivor's guilt is real. Here are some strategies for combatting it.</a>	<a href="#">Al Tompkins / Poynter.org</a>	September 30, 2022	<p>“The International Association of Fire Chiefs says after a catastrophe like Hurricane Ian, first responders commonly suffer from “survivor’s guilt,” which is an overwhelming feeling that they could have and should have done more to help people. They cannot see themselves as you and I see them: selfless heroes who risk their lives for the rest of us.</p> <p>The IAFC says survivor’s guilt “can take the form of feeling extremely sad or depressed, feeling helpless and feeling as if your own undamaged self and lifestyle is a source of pain in itself when faced with the suffering of the many who have suffered so much loss.”</p> <p>I have seen similar symptoms in journalists who cover disasters.”</p>

Advice / Support	<a href="#">It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle</a>	<a href="#">Mark Wolynn</a>	2016	
Advice / Support	<a href="#">10 Stress Reactions</a>	<a href="#">Committee to Protect Journalists</a>		“Signs of stress are often subtle. A journalist may seem more anxious, irritable, withdrawn, numb, depressed, sad, or angry, and the emotions may be either sustained or fluctuating. Physical symptoms can include sleep or eating disorders, a rapid heartbeat, sweating, panic attacks, headaches, nausea, and chest pain. Strained personal and work relationships are often common. So is alcohol or drug abuse. Other signs may include an abnormally intense focus on one’s work, as if one is trying, as with other compulsive behaviors, to avoid uncomfortable feelings.”
Advice / Support	<a href="#">Supporting our Colleagues: A guide for journalists and media professionals</a>	<a href="#">Headlines Network</a>		<p><b>“This guide will give you:</b></p> <ul style="list-style-type: none"> <li>• An understanding of the potential signs to spot in a colleague who might be struggling in the newsroom</li> <li>• An understanding of how to approach a conversation with a colleague who you are worried about</li> <li>• An understanding of what to say and not say in a conversation with a colleague</li> <li>• An understanding of appropriate boundaries</li> <li>• An understanding of how and where to signpost“</li> </ul>
Advice / Support	<a href="#">Self-Care &amp; Peer Support</a>	<a href="#">Dart Center</a>		“Like emergency workers and first responders, journalists have begun to recognize the need for safeguards and increased peer support to ensure their health, well-being and ability to do their jobs effectively. There are a number of potential stress reactions that journalists may experience when they report on particularly difficult topics. Understanding coping strategies can help journalists stay resilient in the face of persistent pressures.”
Advice / Support	<a href="#">Taking Care: A Report on Mental Health, Well-Being &amp; Trauma among Canadian Media Workers</a>	<a href="#">Canadian Journalism Forum on Violence and Trauma</a>	May 2022	“The Taking Care survey, led by Matthew Pearson and Dave Seglins, now gives us unprecedented, nation-wide data showing the current state of the mental health challenges across the media industry. It reveals the kinds of situations we normally write stories about when we uncover them elsewhere. It gives us solid, ethically gathered facts that confirm the significance and scope of the problem.”

Advice / Support	<a href="#">How to deal with burnout: Signs, symptoms, and strategies for getting you back on track after burning out</a>	<a href="#">Jory MacKay / Rescue Time Blog</a>	January 29, 2020	
Advice / Support	<a href="#">Mental Health for Journalists</a>	<a href="#">Anne Godlasky / National Press Foundation</a>	May 25, 2022	Dealing with Trauma, Avoiding Burnout and Finding Coping Skills Psychology professor <a href="#">James Pennebaker</a> explains how journalists can protect themselves - and each other.
Assistance Fund	<a href="#">Trauma Assistance Fund for Canadian Freelancers</a>	<a href="#">Canadian Journalism was Forum on Violence and Trauma</a>		Program to provide free short-term mental health counseling for Canadian freelancers
Assistance Fund	The IWMF offers a wide range of <a href="#">emergency assistance</a> for journalists including therapy funding.	<a href="#">International Women's Media Foundation ("IWMF")</a>		
Assistance Fund	<a href="#">Therapy Fund</a> which covers the cost of treatment for freelance journalists to access professional psychological support.	<a href="#">Rory Peck Trust</a>		
Best Practices	<a href="#">The Freelance Journalist Safety Principles</a>	<a href="#">A Culture of Safety Alliance ("ACOS")</a>		
Best Practices	<a href="#">Covering grief sensitively before, during and after the interview</a>	<a href="#">Jo Healey / Journalism.co.uk</a>	November 23, 2022	A sudden death can turn people's worlds upside-down. Learn how to handle these conversations with care and respect
Best Practices	<a href="#">LEADING RESILIENCE A Guide for Editors and News Managers</a>	<a href="#">Dart Center for Journalism and Trauma / Columbia School of Journalism</a>	August 5, 2020	

Best Practices	<a href="#">VICARIOUS TRAUMA: A Guide for Journalists and Newsrooms</a>	<a href="#">Headlines Network</a>		<p><b>Signs and symptoms of vicarious trauma</b></p> <p>Sadness, anger, frustration, and other emotions are normal responses when we bear witness to the trauma of others. However, sometimes such feelings continue beyond a few days and could, along with other signs, be symptoms of vicarious trauma.</p>
Best Practices	<p>In-House Therapist / Hearst Employees / California &amp; Texas</p> <p><a href="#">“Something good I wanted to share: The Chronicle now has an in-house therapist, a big step for a newsroom. Thankful our bosses have recognized the toll of our jobs, and have taken real steps to address it. The importance of these convos among journalists can’t be overstated.”</a></p>	<a href="#">Trisha Thadani, San Francisco Chronicle @TrishaThadani</a>	January 24, 2023	<p><a href="#">Hearst learned its journalists were struggling. It enlisted a therapist to help. / Angela Fu</a> / February 16, 2023</p> <p>Stressed, burnt out and sick of therapists who didn't understand them, San Francisco Chronicle journalists asked for help — and got it.</p>
Best Practices	<p><a href="#">These Philadelphia Researchers Want Journalists to Tell Better Stories About Gun Violence</a></p> <p>A trauma surgeon's study aims to convince more reporters to consider victims' well-being when covering crime.</p>	<a href="#">Afeia Tucker / TheTrace.org</a>	Feb 23, 2023	<p>"Dr. Jessica Beard, a Temple University Hospital trauma unit surgeon and lead researcher for the Philadelphia Center for Gun Violence Reporting, recently took the first step by co-publishing a study on the issue in <i>SSM – Qualitative Research in Health</i>, a peer-reviewed journal. To produce the <a href="#">report</a>, called “‘Like I’m a nobody: ‘Firearm-injured peoples’ perspectives on news media reporting about firearm violence,’” her team interviewed 26 people who had recently sought treatment for gunshot wounds at Temple’s outpatient trauma clinic.</p> <p>The survivors told Beard’s team they felt that news coverage about shootings is conveyed with little to no regard for victims’ welfare, and frequently demonizes survivors. They said they often perceive news reporting about their encounters to be harmful and traumatic. Some felt their safety was at risk because of specific details that were published. Many times, they wished they’d never made the news to begin with.”</p>
Best Practices	<a href="#">A Guide to Protecting Newsrooms and Journalists Against Online Violence</a>	<a href="#">International Women’s Media Foundation (“IWME”)</a>		<p>“Online violence poses a constant threat to journalists, resulting in serious implications for press freedom, including self-censorship. This abuse disproportionately affects women and diverse journalists who are often reluctant to speak out for fear of jeopardizing their careers.</p>

				<p>The International Women’s Media Foundation (IWMF) is dedicated to promoting a culture of change in newsrooms when it comes to tackling online violence. “<a href="#">A Guide to Protecting Newsrooms and Journalists Against Online Violence</a>” details policies and best practices newsrooms can implement to better protect staff members who are targeted simply for doing their jobs.”</p> <p>Here are <a href="#">templates</a> and <a href="#">resources</a> from the guide. Newsroom training and policy development consultations link <a href="#">here</a>.</p>
Best Practices	<a href="#">Decolonizing Journalism: A Guide to Reporting in Indigenous Communities</a>	<a href="#">Duncan McCue</a>	2023	<p>“Recent events including the Truth and Reconciliation Commission and the discovery of mass graves at the sites of former residential schools have brought increased coverage of Indigenous Peoples to Canada's mainstream media outlets. However, there is no guide for current and aspiring journalists to building respectful and reciprocal relationships with Indigenous people and communities when researching and sharing their stories. Written by a leading Indigenous journalist, Duncan McCue, specifically for journalism students in Canada, <i>Decolonizing Journalism</i> delivers practical, up-to-date advice in a guidebook-like text that students will use throughout their studies and careers. Readers will learn how to develop a critical consciousness when engaging with and reporting on Indigenous communities, and will draw insights into the histories, processes, and obstacles central to decolonizing journalism from exclusive interviews with 9 leading Indigenous journalists.</p> <p>Readership : <i>Decolonizing Journalism: A Guide to Reporting in Indigenous Communities</i> is a text designed for first- to fourth-year university and college students, as well as students in Master of Journalism programs, taking courses in reporting in Indigenous communities, Indigenous media, advocacy journalism, and inclusive media, as well as a supplement for introductory Journalism courses. <i>Decolonizing Journalism</i> is also invaluable to professional journalists working in the field.”</p>
Best Practices	<a href="#">Best Practices</a>	<a href="#">National Press Foundation</a>		Archive
Best Practices	<a href="#">Journalism Ethics</a>	<a href="#">National Press Foundation</a>		Archive
Best Practices	<a href="#">Mental Health</a>	<a href="#">National Press Foundation</a>		Archive
Best Practices	<a href="#">Journalism Resource Guide on Behavioral Health</a>	<a href="#">The Carter Center</a>		<p>“Behavioral health conditions impact everyone. Although stereotypes and misperceptions regarding mental health and substance use conditions are common, journalists can play an influential role in educating and informing the</p>



				public about these serious public health issues and reduce the prevalence of sensationalized inaccurate information that fuels prejudice and discrimination.“
Best Practices	<a href="#">Why Some Journalists Are Centering Trauma-Informed Reporting</a>	<a href="#">Julia Craven / Nieman Reports</a>	August 24, 2022	<p>“In an industry that prioritizes objectivity and distance from the issues we cover, it may seem counterintuitive for journalists to take the mental health of their sources into account. But over the last few years, as the pandemic and the fight for racial justice forced newsrooms to reevaluate which voices are elevated, the toll the process of being included in a story can take on vulnerable people is coming more into focus. ...”</p> <p>“Trauma-informed reporting recognizes what the person being interviewed has experienced, how it could be affecting them currently, and how the interview process could burden them further. But it also doesn’t reduce anyone to their trauma. At its best, trauma-informed reporting acknowledges what happened and seeks to understand how the individual is moving forward.”</p>
Best Practices	<a href="#">James W. Foley Journalist Safety Curricula</a>	<a href="#">James W. Foley Legacy Foundation</a>		<p>Be Prepared To Report Safely</p> <p><a href="#">Seminar 1</a> Lessons from “Jim: The James Foley Story”</p> <p><a href="#">Seminar 2</a> How to Conduct Risk Assessments &amp; What New Journalists Should Consider</p> <p><a href="#">Seminar 3</a> Case Studies from Journalists</p> <p><a href="#">Seminar 4</a> Risks to Consider in Covering Domestic Civil Unrest</p> <p><a href="#">Seminar 5</a> Digital Security</p>
Best Practices	<p><a href="#">Working with Traumatic Imagery</a></p> <p>[For a more in-depth guide, please see the Dart Center's <a href="#">Handling Traumatic Imagery: Developing a Standard Operating Procedure</a>.]</p>	<a href="#">Dart Centre</a>	August 12, 2014	<p>Photographs and video of horrifying, violent acts may provide essential documentation of human tragedy. But however compelling its news value, traumatic imagery needs to be handled with care, as it can place the wellbeing of those who work with it at risk. Click for <a href="#">Arabic</a>, <a href="#">French</a> and <a href="#">Spanish</a> translations.</p>
Ethics	<a href="#">Why KVUE and the Austin American-Statesman released video of the Uvalde school shooting</a> <a href="#">Povnter</a>			<p>KVUE Austin and the Austin American-Statesman released Tuesday portions of the never-before-seen 77-minute video from inside the Robb Elementary School where an 18-year-old with a rifle killed 19 students and two teachers on May 24. The video shows how police quickly entered the school after the man began</p>

				shooting, but did not confront the shooter for more than an hour while they stood in the hallway just outside the classroom where he was holed up.
Ethics	<a href="#">A journalist's guide on what to write — and what not to — when covering child abuse</a>	<a href="#">Sarah Welliver / Poynter.org</a>		
Expert	<p><a href="#">Anthony Feinstein, MBBCh, MPhil, PhD, FRCPC</a>  Sunnybrook Health Sciences Centre  Department of Psychiatry  Phone: 416-480-4216  Email: <a href="mailto:ant.feinstein@utoronto.ca">ant.feinstein@utoronto.ca</a></p> <p>Administrative Assistant:  Colleen Barry  Phone: 416-480-4216  Email:  <a href="mailto:colleen.barry@sunnybrook.ca">colleen.barry@sunnybrook.ca</a></p>			Dr. Feinstein is the author of <i>Dangerous Lives: War and the Men and Women Who Report It</i> (Thomas Allen, Toronto 2003), <i>Journalists Under Fire: the Psychological Hazards of Covering War</i> (John Hopkins University Press, 2006), <i>Battle Scarred</i> (Tafelberg Press, 2011) and <i>Shooting War</i> (Glitterati Editions, 2018). His series <a href="#">Shooting War</a> for the Globe and Mail Newspaper was shortlisted for a 2016 EPPY award.
Facebook Group	<a href="#">Journalists Covering Trauma</a>	Private group		<p>Private group, 1.1K members</p> <p>“We started this group in November 2017, in response to the mass shootings that were gripping the nation. We have since evolved to focus on the impact of covering trauma on journalists and how to best cover traumatic events, whether it's a mass casualty event, a hurricane or the pandemic.</p> <p>Here, you can give advice on how you coped from the secondhand grief, ask how to approach a source on a sensitive topic, and share tips on follow-up stories in the months and years ahead. This is a place for journalists to ask for and give emotional and professional support in covering a trauma.</p> <p>This group was created by Silvia Foster-Frau of the San Antonio Express-News and Naseem Miller of the Orlando Sentinel.”</p>
Legal Update	<a href="#">Journalist PTSD ruled a workplace 'injury' from covering murders, violence</a>	<a href="#">Dave Seglins &amp; Matthew Pearson / Canadian Journalism Forum on Violence and Trauma</a>	January 15, 2023	<p><i>[Canadian] Reporter Colin Butler's PTSD is now formally recognized as an injury caused by his job.</i></p> <p>The worker's compensation decision is significant for its acknowledgement – not only of the impact of covering that murder – but also of the psychological scars Butler suffered from two decades of visiting tragic scenes and interviewing victims.</p>

				<p>Colin's case is one of just a few known rulings by an adjudicative body that officially concludes that a news professional's job has caused serious psychological injury.</p> <p>It's important because it helps highlight the risks that come with being a journalist.</p>
Legal update	<a href="#">Finally recognizing secondary trauma as a primary issue</a>	<a href="#">Sam Dubberley / Columbia Journalism Review</a>	July 15, 2020	"Filtering [content posted to Facebook] is crucial, and while machine learning is starting to be used, it still requires a human eye. Yet such a need comes with a cost—the toll on mental health."
Lived Experience	<a href="#">Journalists at risk of moral injury covering Turkey-Syria earthquake</a>	<a href="#">Hannah Storm / Journalism.co.uk</a>	16 February 2023	"Covering a crisis can cause us to experience frustration, guilt, shame and sorrow. Let's support our colleagues."
Lived Experience	<a href="#">Meteorologist resigns, citing PTSD from threats over climate change coverage</a>	<a href="#">Daniel Wu / The Washington Post</a>	June 22, 2023	"In that spirit, he replied with a conciliatory message to the first harassing email he received on June 21, 2022. It didn't lead to a dialogue. Gloninger was at a barber shop when the second, more threatening, email appeared in his inbox. His stomach sank. He thought about his wife alone at home, so he rushed back and called the police."
Lived Experience	<a href="#">The darkness that lingers: More journalists are recognizing the mental traumas of the job</a>	<a href="#">Alexa Shrake / The Statehouse File (Franklin College's Pulliam School of Journalism news site, Indiana)</a>	January 3, 2023	
Lived Experience	<a href="#">Guilt, PTSD, and vicarious trauma: Covering tragedies in their communities takes a toll on Latino journalists</a>	<a href="#">Liliana Soto / Palabra / National Hispanic Journalists Association</a>	June 18, 2022	"The biggest and most important asset that your newsroom has is not the computer or the camera, or the cell phone, but the people and their hearts and minds," said Luisa Ortiz Pérez, executive director and co-founder of Vita Activa, a helpline of support for trauma, anxiety, and burnouts. If you need help, <a href="#">Vita Activa</a> offers a helpline with fellow journalists and advocates of freedom of speech and human rights ready and willing to listen to what you are experiencing. They don't have any mental health professionals, but

				<p>they will hold the space with you and direct you to resources. It is confidential, anonymous, and free.</p> <p>Newsrooms need to have resources, such as a crisis suicide prevention line, mental health breaks, and other services routinely available in their healthcare packages, Ortiz Pérez said."</p>
Lived Experience	<a href="#">67 journalists and media staff killed on duty in 2022, report says</a>	<a href="#">Andrew Jeong / The Washington Post</a>	December 10, 2022	<p>"Sixty-seven journalists and media staff have been killed so far this year while performing their duties, the Brussels-based International Federation of Journalists said Friday in its annual report documenting reporters' deaths.</p> <p>"The grim toll is an increase from last year, when 47 were killed, and is the highest since 2018, when 95 journalists and media staff died due to "targeted killings, bomb attacks or crossfire incidents." Ukraine was the most dangerous place for journalists this year, with 12 media fatalities there due to the ongoing war."</p>
Lived Experience	<a href="#">Majority of female journalists have been target of online violence: Chilling report highlights the link between gender-based digital threats and offline attacks</a>	<a href="#">Helen Pidd / The Guardian</a>	November 6, 2022	<p>"Online violence against female journalists is one of the most serious global threats to press freedom and has contributed to female reporters being murdered, according to researchers behind a new global report.</p> <p>Academics who interviewed over 1,000 female journalists in 15 countries found the vast majority of journalists who took part had suffered from online abuse and threats.</p> <p>They urged social media companies to overhaul algorithms that have been found to drive hate against women, and for perpetrators of gender-based online violence to be de-platformed and penalised.</p> <p>The authors of The Chilling are calling for governments, as well as the news industry and the giant tech corporations, to do more to tackle what they say is "a crisis of online violence towards women journalists".</p>
Lived Experience	<a href="#">Iran charges female journalists who helped break Amini's story with being CIA spies</a>	<a href="#">Miriam Berger / The Washington Post</a>	October 29, 2022	

Lived Experience	<a href="#">Of the haunting and the haunted</a>	<a href="#">John Krull / The Statehouse File</a>	October 24, 2022	<p>“This work takes journalists into dark places. To tell the tale of a school shooting, a natural disaster, a war or some other horror, a reporter must try to empathize with the feelings of those who have experienced that horror. That means not just witnessing but taking in their fear, their grief, their sense of desolation.”</p> <p>“I listen to a former student of mine. She’s the news editor at the local paper. She talks about what she saw, what she experienced, while covering a mass shooting just up the road. And I wonder how long those ghosts will follow her.</p> <p>That’s the thing about this work.</p> <p>The ghosts linger.”</p>
Lived Experience	<a href="#">Dealing with the Emotional Toll of Investigative Journalism</a>	<a href="#">Laura Dixon / Global Investigative Journalism Network</a> (“GIJN”)	October 18, 2022	<p>““I wondered if in my own desire and ambition to do investigative journalism, if I was offering my children, my wife, a normal life. That’s a heavy thing to ask yourself. This isn’t a normal life, is it fair to impose it on my family?”</p> <p>There’s a bigger risk to journalists’ mental health than PTSD.</p> <p>When journalists in conflict zones or natural disasters are expected to step outside their roles, it can have a damaging effect.”</p>
Lived Experience	<a href="#">There’s a bigger risk to journalists’ mental health than PTSD</a>	<a href="#">Clothilde Redfern</a> (Director, <a href="#">Rory Peck Trust</a> ) / <a href="#">The New Statesman</a>	July 14, 2022	<p>When journalists in conflict zones or natural disasters are expected to step outside their roles, it can have a damaging effect.</p>
Lived Experience	<a href="#">Journalists in southwest Florida aren’t just covering Hurricane Ian. They’re living it.</a>	<a href="#">Tom Jones</a>	October 4, 2022	<p>““It’s exhausting being out every day,” [the executive editor of the Sarasota Herald-Tribune] said. “It’s exhausting seeing the devastation in your community. And then it’s exhausting to work so hard just to tell the story, to get it to readers.””</p>
Lived experience	<a href="#">Journalism PTSD</a>	<a href="#">Marcella Raymond / Quill</a> (A Magazine by	November 27, 2019	<p>“Still I had no idea I had PTSD. I mean, only war correspondents, soldiers and first responders get Post-Traumatic Stress Disorder. Jesus. I was a local general</p>

		the <a href="#">Society of Professional Journalists</a> )		assignment reporter. I wasn't dodging bombs. I wasn't seeing people, some who were friends, blown up in front of me. I didn't have to deal with the fact that I couldn't save the baby from a burning house or that I couldn't prevent an innocent person being caught in gang crossfire."
Lived Experience	<a href="#">COVID Changed Journalists' Approach to Mental Health</a>	<a href="#">Anne Godlasky / National Press Foundation</a>	July 26, 2022	
Lived Experience	<a href="#">In Ten   Dart Center Asia Pacific</a>	<a href="#">Lisa Millar</a>	2022	<p>"In Ten' is a bite-sized podcast aimed to educate journalists and journalism students on the science and psychology of trauma and the implications for news coverage."</p> <p>"In this series of In Ten, Lisa Millar speaks to prominent journalists and presenters around their experience and exposure to some of the more confronting sides of journalism."</p>
Lived Experience	<a href="#">Journalistic Community and Secondary Trauma Stress Disorder: A Perception Analysis of Mainstream Journalists of Pakistan</a>	<a href="#">Fatimah Misbah / Journal of Media Studies</a> (Vol 37, No 1)	2022	<p>"Journalists are frequently deployed in danger zones and exposed to hostile environments. They frequently investigate and report stories that are sensitive in nature like news stories of sexual assault, domestic violence, child abuse, crimes, wars, and conflicts. Violence and hostility are burgeoned out of proportion in our society with every passing day. In Pakistan, journalists are rarely taught how to deal with a range of emotions that they are likely to encounter. This study aims to highlight the level of awareness in the journalistic community in Pakistan about the secondary trauma that they experience while investigating and reporting sensitive issues. The quantitative data was collected by conducting surveys in nine different electronic media houses in Islamabad, Pakistan. 110 journalists participated in the survey. In-depth qualitative interviews were conducted of 10 journalists of various experience levels to further investigate the psychological state and the type of events that affected them. The results indicate that 43% of the journalists suffered from depression; out of which 53% of the journalists were reporters. 77.6% of journalists agreed that they do not consider themselves equipped with skills to meet psycho-social challenges that they encounter in the newsrooms or in the field. The research recommends the need of upgrading the mass communication curricula and the establishment of trauma centers for journalists across Pakistan."</p>
Lived Experience	<a href="#">Meet the journalist-turned-therapist who now helps reporters deal with secondary trauma</a>	<a href="#">Delia Cai / Deez Links</a>	December 13, 2019	<p>"Our final Q&amp;A for the year is with Melissa Stanger, a therapist from The Talk Suite who draws from her own past experience as a journalist and is also putting together a group for reporters dealing with secondary trauma. We talked about her ambitions for the group, why it feels like media coverage of gun violence is</p>

				at a breaking point, and what all media folks (and like, folks in general) can get out of some good, solid therapy.”
Lived Experience / Best Practices	<a href="#">Safety Of Journalists Covering Trauma And Distress ‘Do no harm’</a>	Joy Healey / <a href="#">Unesco</a>	2022	
Lived Experience / Best Practices	<a href="#">What Shiva Taught Me About Covering Tragedy</a>	<a href="#">Emma Goldberg</a> / <a href="#">The New York Times</a>	Sept. 16, 2022	“I had never covered a mass shooting before. Calling the families of victims was tough, but a familiar ritual helped me.”
Op-Ed	<a href="#">Journalism isn’t who you are. It’s what you do.</a>	<a href="#">Wudan Yan</a> / <a href="#">The Poynter Institute</a>	December 3, 2021	Making journalism part of our identities justifies the passion and purpose that brought us to the profession. It also makes us supremely exploitable.
[Past] Conference	<a href="#">Trauma &amp; Stress while working in journalism</a>		March 9, 2019	“The <a href="#">Society of Professional Journalists – Region 3</a> & <a href="#">the Savannah State University Department of Journalism &amp; Mass Communication (JMC)</a> are providing an opportunity for honest talk on what it is like to face trauma and ongoing stress as journalists, how to recognize when someone needs help, and to help find solutions to help these professionals and newsrooms find resilience and to persevere.”
Research	<a href="#">New neuroscience research suggests childhood maltreatment sensitizes brain regions to later life trauma</a>	<a href="#">Eric W. Dolan</a>	March 28, 2021	“New neuroimaging research offers preliminary evidence that childhood maltreatment amplifies the impact of combat exposure trauma. The findings, published in the journal <a href="#">Military Psychology</a> , suggest that abuse and neglect in childhood sensitizes stress-related brain regions to trauma later in life.”
Research	<a href="#">Covering Trauma: Impact on Journalists</a>	<a href="#">River Smith, Elana Newman, Susan Drevo, Autumn Slaughter</a> / <a href="#">Dart Center for Journalism and Trauma</a>	July 1, 2015	An overview of current research on the occupational hazards for journalists covering traumatic events, the risk factors that aggravate those effects, and some suggestions for mitigating those factors. (Originally published by River Smith and Elana Newman in January, 2009; Updated by Susan Drevo in May, 2016, and by Autumn Slaughter in March, 2019.)
Research	<a href="#">Journalists and PTSD</a>	<a href="#">Elisa E. Bolton, Ph.D.</a> / <a href="#">U.S. Dept of Veterans’</a>		“These studies highlight that journalism can be a profession bearing some risk of physical harm and long-term emotional distress and that the greater the level of exposure, the greater the risk of distress.”

		<a href="#">Affairs / National Center for PTSD</a>		
Research	<a href="#">The War-Zone Mentality — Mental Health Effects of Gun Violence in U.S. Children and Adolescents</a>	<a href="#">James Garbarino, Ph.D. / New England Journal of Medicine</a>	September 29, 2022	
Research / Best Practices	The Unthinkable: Who Survives When Disaster Strikes - and Why	<a href="#">Amanda Ripley</a>	2009	<p>“Discover how human beings react to danger—and what makes the difference between life and death”</p> <p>ISBN 10: 0307352897 ISBN 13: 9780307352897 Publisher: Crown Archetype, 2008</p>
Resource	The Self-Investigation Foundation			<p>“The Self-Investigation is a foundation that provides a variety of services aimed at improving media professionals’ well-being. It is led by multi-lingual, certified coaches and trainers with five decades of media experience combined. Our offerings include basic stress management and digital wellness courses for journalists and a course to help managers lead effectively by integrating wellbeing into their personal and team work routines.”</p>
Resource	<a href="#">Online Harassment Field Manual</a>	<a href="#">PEN America</a>		<p>“Whether you’re experiencing or witnessing online abuse, this Field Manual offers concrete strategies for how to defend yourself and others. We wrote this guidance with and for those disproportionately impacted by online abuse: writers, journalists, artists, and activists who identify as women, BIPOC, and/or LGBTQIA+. Whatever your identity or vocation, anyone active online will find useful tools and resources here for navigating online abuse and tightening digital safety.”</p>
Resource	<a href="#">Vita Activa</a> apoyo@vita-activa.org (ESP)   support@vita-activa.org (ENG) @VitaActivaOrg   #VitaActivaOrg   www.vita-activa.org +52155-8171-1117 (Signal, Whatsapp, Telegram)			<p>“If you are experiencing <b>stress, trauma, crisis, burnout and/or if you are facing gender based violences</b>, contact us</p> <p>We provide online support and strategic solutions for women and LGBTQIA+ journalists, activists and gender, land and labor rights, and freedom of expression defenders.”</p>



Resource	<a href="#">TRFilter</a> allows users to document and manage online harassment and abuse, so they can take control of their social media			As described in the GIJN newsletter: "TRFilter is a free web application by Thomson Reuters Foundation and Jigsaw which helps limit journalists' exposure to abusive content on Twitter, allowing them to block, mute or save comments at scale, as well as create reports to share with third parties."
Resource	<a href="#">Journalist Safety and Emergencies</a>	<a href="#">Committee to Protect Journalists</a>		
Style Guide	<a href="#">The Dart Center Style Guide for Trauma-Informed Journalism</a>	<a href="#">Isobel Thompson</a>	June 22, 2021	This style guide is designed as a quick, authoritative reference for reporters, editors and producers working on tight deadlines. It includes brief evidence-informed guidance on news choices, language usage and ethics in reporting on the impact of trauma on individuals, families and communities; recommendations for appropriate use of relevant psychological and scientific terminology; and special considerations when reporting on consequential trauma-laden issues such as racism and sexual violence.
Training	<a href="#">OPC and IWMF Offer Psychological Safety Training for Women and Nonbinary Journalists</a>  [Two additional psychological safety training sessions will be offered in the coming months.]		March 2, 2023	<p>Freelance writers, editors and visual producers are invited to an interactive, virtual session on fostering psychological safety and resilience in the face of trauma in the course of practicing journalism. The program is aimed at women, nonbinary journalists and allies.</p> <p>The Overseas Press Club and the International Women's Media Foundation are co-sponsoring the event. It is supported by the Committee to Protect Journalists, Rory Peck Trust, and ACOS, all organizations committed to providing programs and services to bolster the mental health and security of working journalists.</p> <p>Ana Zellhuber, psychoanalyst and Emergency Psychology specialist based in Mexico City, will deliver the training. She will include a slide presentation, and she will offer a guided and interactive exercise, with ample time for Q&amp;A and discussion.</p> <p>In 2005, Zellhuber founded Vinland Solutions, to provide psychological support to women journalists, human rights defenders and women in politics who have been a target of persecution or violence due to their gender or profession. In her work, Zellhuber also collaborates with various international organizations to provide psychological support in both English and Spanish to patients suffering from Post-Traumatic Stress Disorder, acute stress, depression, or who need support while they are being relocated for their safety. See this <a href="#">mental health guide</a> she wrote for the IWMF.</p>

Training	<a href="#">Mental health and journalism: How journalists can responsibly report on it and take care of themselves</a>	<a href="#">Kim Brice</a> , <a href="#">Mar Cabra</a> & <a href="#">Stephanie Foo</a>	June 27-July 31, 2022	(Archived)
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**Suggestions for Additional Links**
