



Please see the
accompanying
RESOURCE GUIDE
for this session

PANEL: Learnings From Applying Trauma-Informed Principles to the Research Process

1.8 BILLION QUERIES
ON GOOGLE this
morning



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TRAUMA is a response to anything that is over whelming and that happens too much, too fast, too soon, and/or for too long and is coupled with a lack of protection or support. Trauma is not simply an emotional or psychological response; it lives in the body, stored as sensation, such as pain or tension - or is a lack of sensation, like numbness. It is deeply contextual and does not impact us all in the same way.

Trauma is also systemic and structural. Black, brown, trans, unhoused, migrant, and other historically and intentionally excluded groups have disproportionately experienced trauma at the hands of the products, policies, services, and systems that have been created by those in power.

SOME OF THE FORMS:

- Acute Trauma
- Chronic Trauma
- Vicarious Trauma & Secondary Traumatic Stress
- Collective Trauma
- Intergenerational Trauma
- Complex Trauma

6 GUIDING PRINCIPLES OF Trauma-Informed Approaches¹

- SAFETY • TRUSTWORTHINESS & TRANSPARENCY • PEER SUPPORT
- COLLABORATION & MUTUALITY • EMPOWERMENT & CHOICE • CULTURAL, HISTORICAL & GENDER ISSUES

Trauma-Responsive
IS BEING PREPARED
TO DO OUR WORK

OUR Questions CAN BE HARMFUL

Ex: Gender choice
exclusion (M/F)
EVEN "OTHER"
IS NOT INCLUSIVE

DATA COLLECTION

- * Language is key
Provide choice
and voice to
participants

COMPENSATION

Think holistically
How are we supporting
the lived experience
(needs) of participants?

ALL LAND ACKNOWLEDGEMENTS PARTICIPANTS & OURSELVES Reduce HARM AS MUCH AS POSSIBLE

CONSENT forms
Is it designed and
language for the
participant or
your organization?

Researchers LIKE TO
"DISCOVER" OR UNCOVER
NEW THINGS → UNIQUE INSIGHTS

RESEARCH IS A COLONIAL PRACTICE

The level of productivity asked
of us can be overwhelming

PRE-PLAN for SUPPORT so not
triage in the moment

We need to be FLEXIBLE,
COMFORTABLE in the "GREY,"
STAY ROOTED... DAILY PRACTICE

* SELF- and TEAM-CARE

We are always LEARNING in this work! AVOID compassion fatigue, secondary vicarious trauma

Meet them where
they are...

COULD BE PHYSICAL
LOCATION OR JUST
MAKING THEM
COMFORTABLE.

- Show my hands
- Lean into the Zoom camera
- Give full attention

AVOID PSYCHOLOGICAL HARM... ASK OURSELVES
AND OUR ORGANIZATIONS

"Is this research
really necessary?"

OVER-RESEARCHED
POPULATIONS

ARE ASKED OVER and OVER
TO SHARE INTIMATE DETAILS

"Am I the right
person to do this
research?"

MATT'S EXAMPLE:

Use participatory
processes to have
the community do
their own research
among themselves

HOW RESEARCH DATA WILL BE SHARED:

Participants need
full voice and control
over how their data
is used (OWNERSHIP)

When there is
obvious discomfort
(VISUAL/VERBAL)...
GIVE THEM SPACE
don't take advantage
of that moment
to probe

There are cultural
differences here, too.
FOR US, TOO

Intersectionality

"We might have the
same title (RESEARCHER)
but we aren't the same
people..."

- SHARON
BAUTISTA
(Researcher
of color)

CONSIDER
DIGITAL
SECURITY, too
No stalking

PRE-RESEARCH / POST-RESEARCH PLANNING

Emotions,
Bodily feelings
ESTABLISH PROCESSES

ORGS have responsibility
for CARE

"Friday feelings" (COFFEE)