Answers to the Audience Questions from:
Actors Wellbeing Webinar Part 2 – Interventions in Stage and Screen Production

Q1: Please discuss issues related to "vicarious trauma" in providing trauma informed care for actors and self care for the health care provider thanks!

- Paula Thomson: This is a great question. Vicarious trauma also referred to as secondary trauma is a potential problem if the educator, clinician or anyone else who is working close to potentially traumatizing material has not received sufficient training in boundary setting, pacing, grounding, self-care, or personal healing. If someone does manifest behaviors that reveal emotional destabilization they should be provided resources to get treatment. It can happen suddenly and unexpectedly or it can manifest more as compassion fatigue or burnout. Knowing the warning signs is helpful as well as having referrals available. This topic is briefly discussed in the book Creativity and the Performing Artist: Behind the Mask. More information needs to be provided to health care providers and educations that is specifically related to the care of actors.

Q2: Are any of you looking to create a structured practice/guide or training using these wonderful concepts? I’m not sure where to start.

- Paula Thomson: After exploring the websites of many of the presenters, there does seem to be lots of information on these concepts. Mark Seton also has guidelines outlined to help actors feel safe. It is also something that PAMA might support and share on its website.

- Alan Powell: In addition to Mark’s work, the ACES model I developed also supports resilience and vulnerability for actors developing complex/emotionally challenging roles - https://www.actor-care.com/#:~:text=Actor%20Care%C2%AE%20is%20informed,on%20the%20actors%20mental%20health.