

BH 209 : INTRODUCTION TO PSYCHOLOGICAL TRAUMA: THEORY AND PRACTICE

Transcript title

Intro to Psychological Trauma

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Recommended preparation

WR 121Z.

Course Description

Introduction to types, history, and impact of trauma on individuals, family, and community. Explores the impact on those working with trauma survivors and inadvertent re-traumatization of individuals that occurs by the social service system. It provides a framework for understanding crisis response and intervention for people experiencing trauma symptoms. Utilizes trauma informed and wellness informed approaches.

Course learning outcomes

1. Demonstrate knowledge of the prevalence and types of trauma that impact individuals at various stages of development.
2. Understand the consequences of trauma for the individual and society, from a cognitive, neurobiological/physiological, and systems perspective including signs and symptoms indicative of a trauma history.
3. Articulate the distinction between trauma-informed care and trauma specific services, including definitions and diagnostic criteria for PTSD and complex trauma.
4. Define the important elements of trauma-informed services and organizational systems, including characteristics and practices within organizations that are re-traumatizing.
5. Develop self-care skills to address secondary/vicarious trauma response.

Content outline

1. Resilience
2. Trauma terminology
3. Stress, toxic stress, acute stress, post-traumatic stress, complex trauma
4. Cognitive, behavioral, physical, social, relational responses to stress and trauma
5. Trauma informed care
6. Self Care

Required materials

Textbook(s) may be required.

General education/Related instruction lists

- Social Science