Graduate Certificate of Professional Studies in Working with Survivors of Violence, Torture, and Trauma (VTT):
Theoretical Foundations and Mental Health
Department of Psychology
Counseling Psychology Program

PSYC 662: Understanding Trauma and Recovery I (3 credits)

INSTRUCTOR: Linda Campbell Tipton, Ph.D.

COURSE DESCRIPTION: This course is designed to provide students with an overview of psychological trauma and an introduction to treatment of trauma survivors. Current theoretical approaches to understanding trauma and treatment from psychological, developmental, neurobiological, cognitive, and ecological perspectives will be presented. Types of therapy for trauma will be reviewed, along with necessary competencies and self-care for the therapist.

COURSE OBJECTIVES: At the completion of this course, students will:

1. Describe theories related to psychological trauma
2. Describe research findings related to psychological trauma
3. Identify the therapeutic methods effective in working with trauma survivors
4. Identify neurobiological effects of trauma
5. Identify developmental effects of trauma
6. Integrate neurobiological and developmental effects of trauma into a treatment plan
7. Critically evaluate DSM-V diagnostic categories related to trauma
8. Critically evaluative controversies about DSM-V diagnostic categories related to trauma
9. Apply techniques that will help you empathize with trauma survivors
10. Apply techniques that will increase your self-awareness in your work with trauma survivors
11. Apply techniques that will increase your awareness of ethical issues in your work with trauma survivors
12. Apply techniques that will help increase your awareness of cultural issues related to interventions with trauma survivors
13. Apply techniques that will increase your awareness of ethical issues involved in interventions with families of trauma survivors
14. Apply techniques that will help you increase awareness of cultural issues related to interventions with families of trauma survivors
15. Identify the role of social and ecological factors as they relate to trauma treatment in your community
16. Critique the role of social and ecological factors as they relate to trauma treatment in your community
17. List the risks of countertransference and vicarious trauma when working with trauma survivors
18. Assess the risks of countertransference and vicarious trauma when working with trauma survivors
19. Develop a self-care plan for preventing burnout
20. Identify and gather resources for prevention of traumatic stress in your own communities
21. Identify and gather resources for treatment of traumatic stress in your own communities

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<th>WEEK</th>
<th>TOPICS</th>
<th>COURSE OBJECTIVE SATISFIED</th>
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<td>Introduction: What is trauma? Reactions to Trauma, Ethics, Cultural Competencies</td>
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<td>WEEK 2</td>
<td>Impact of Traumatic Stress: Neurobiological, Cognitive, Emotional, Relational, Social and Cultural Responses</td>
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<td>WEEK 3</td>
<td>Historical Approaches, PTSD and DSM IV-TR definitions of trauma</td>
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<td>WEEK 4</td>
<td>Trauma across the lifespan</td>
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<td>Initial Interviews and Establishing the Therapeutic Alliance</td>
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<td>WEEK 6</td>
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<td>Settings and Types of Trauma Therapy</td>
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<td>Vicarious Trauma and Burnout</td>
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