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 664: Understanding Trauma and Recovery II, 3 credits

INSTRUCTOR: Beth Sperber Richie, Ph.D.

COURSE DESCRIPTION: This is the second in a series of two courses designed to provide students with an understanding of psychological trauma and treatment of trauma survivors. Current approaches to understanding and treating trauma survivors from psychological, developmental, neurobiological, cognitive, and ecological perspectives will be presented.

COURSE OBJECTIVES:
1. Describe theories related to the treatment of complex trauma
2. Describe research findings related to the treatment of complex trauma
3. Describe neurobiological effects of complex trauma
4. Describe developmental effects of complex trauma
5. Analyze the case histories of trauma survivors
6. Apply attachment theory to describe the impact that trauma may have on attachment
7. Apply attachment theory to describe the way attachment style might impact the therapeutic process
8. Describe the goals and tasks of Herman’s stages of trauma treatment
9. Summarize the challenges of each stage of Herman’s stages of trauma treatment
10. Design appropriate methods of intervention for clients with histories of trauma
11. Describe how to conduct an appropriate intake interview with a client with a trauma history
12. Summarize the role of social factors as they relate to trauma
13. Summarize the role of social factors as they relate to trauma treatment
14. Outline theories of trauma and recovery as they apply to culturally diverse clients and a variety of types of trauma
15. Develop an initial theoretical integrative clinical approach to trauma treatment
16. Describe affect regulation techniques
17. Describe grounding techniques
18. Identify techniques to increase self-awareness about your reactions to client material
19. Critically evaluate the effectiveness of cognitive behavioral approaches with diverse clients with trauma histories
20. Critically evaluate the effectiveness of Dialectical Behavior Therapy with diverse clients with trauma histories
21. Critically evaluate the effectiveness of Acceptance and Commitment Therapy with diverse clients with trauma histories
22. Critically evaluate the effectiveness of Experiential and Emotion-Focused Trauma Treatment with diverse clients with trauma histories
23. Critically evaluate the effectiveness of Contextual Therapy with diverse clients with trauma histories
24. Critically evaluate the effectiveness of Prolonged Exposure Therapy with diverse clients with trauma histories
25. Critically evaluate the effectiveness of Eye Movement Desensitization and Reprocessing (EMDR) with diverse clients with trauma histories
26. Critically evaluate the effectiveness of Sensorimotor Psychotherapy with diverse clients with trauma histories
27. Critically evaluate the effectiveness of psychopharmacology with diverse clients with trauma histories
28. Describe best practices for community interventions following a mass trauma
29. Identify and gather appropriate psycho-education materials for clients with trauma histories

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<td>Overview of the course, definitions, assessment and comorbidity</td>
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<td>Attachment and abuse history</td>
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<td>Week 3</td>
<td>Trauma, memory and cognitive processes</td>
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<td>Week 4</td>
<td>Initial interventions with complex trauma survivors</td>
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<td>Specific trauma treatments: CBT, DBT and ACT</td>
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<td>Specific trauma treatments: EFTT, contextual therapy, PE therapy</td>
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<td>Week 7</td>
<td>Specific trauma treatments: EMDR, sensorimotor psychotherapy, psychopharmacology</td>
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