

**JUSTICE INSTITUTE OF BRITISH COLUMBIA  
COURSE OUTLINE**

**Division:** Centre for Leadership and Community Learning

**Program:** Counselling and Capacity Building

**Course Code:** COUNS121

**Course Title:** Resisting Vicarious Traumatization: Sustaining Ourselves in Work with Trauma

<input checked="" type="checkbox"/>	New Course	<input type="checkbox"/>	Revised Course
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**Previous Course Code & Title:**

**Course Effective Date:** November 6, 2006

**Course Level:**

<input type="checkbox"/>	First Year	<input type="checkbox"/>	Second Year	<input type="checkbox"/>	Third Year	<input type="checkbox"/>	Fourth Year
<input checked="" type="checkbox"/>	Other:						

<input type="checkbox"/>	Required	<input type="checkbox"/>	Elective	# of Credits: <b>0.5</b>
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**Delivery Method:**

	Method	Hrs
<input checked="" type="checkbox"/>	Face to Face	<b>7</b>
<input type="checkbox"/>	Online	
<input type="checkbox"/>	Correspondence	
<input type="checkbox"/>	Simulation / Lab	
<input type="checkbox"/>	Practicum	

Is this course delivered only online?  Yes  No  # Hours

**Comments:**

**Pre-requisites:**

**Equivalent Course(s) within the JIBC:**

**Transfer Credit Exists at: (List Institutions)**

**Course Description:**

Therapists working with trauma are witnesses to oppression, exploitation, and violence. There are prescriptive stories that we will “burn out” in this work. Contrary to this, however, is the story of sustainability; how our collective work against violence and trauma sustains us, nourishes our hope, and invites us to honour the resistance and strength we witness in the people we work alongside of. In this experiential course, trauma therapists will unpack the prescriptive story of burnout and map their relationship with stories of sustainability. We will collectively honour our resistance to unjust ways of working, and map the influence of social justice ideas and practices in our work. Situating trauma within social contexts, we will work towards moving from private pain to public issue and resisting the pathologizing of our clients as passive victims. Therapists will begin to build their own “solidarity teams,” examining who stands beside them, and what theories, practices, and ethics sustain them. The voices of clients will be present through poems, transcripts, and letters.

**Grading System:**

**Check whichever applies to this course:** (if applicable)

	Letter Grades		Percentage		Pass/Fail		Credit/No Credit
	Complete/Incomplete	X	Attendance Only				

**Passing Grade:**

- 100% attendance in class
- Active contribution in large and small group discussions and activities

**Grading Scale:**

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84	C-	1.67	56-59

B+	3.33	76-79	D	1.00	50-55
B	3.00	72-75	F	0.00	0-49
B-	2.67	68-71			

**Evaluation - Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%		

**Comments:**

**Course Goals:**

Following this one-day workshop, therapists will be better able to resist vicarious traumatization, and to utilize collective solidarity approaches as part of their practice to create sustainability. The course will also investigate resistance to oppression and track the spirit of social justice in the life of the therapist.

**Learning Objectives:**

Upon successful completion of this course, the participant will be able to:

- Deconstruct prescriptive stories of “Burn Out”.
- Track their connections to the spirit of Social justice in their work, and in their life.
- Understand and identify their clients’ resistance to oppression, and deconstruct constructions of victim identities in trauma work.
- Identify their own resistance to oppressive, specifically as it pertains to their sustainability in work with trauma.
- Identify sustainability in their practice, and create structures, which promote sustainability.
- Create a Solidarity team to sustain their practice.

**Course Topics/Content:**

- Map the spirit of social justice in our work with trauma
- Understandings of resistance to oppression in both our clients and ourselves
- Create collective responses to trauma, and resist the individuation of our clients and ourselves
- Ethical supervision: theory and practice that sustains the therapist against vicarious traumatization
- Participate in a Supervision of Solidarity Witnessing Group

**Text and Resource Materials:** ([APA Style Guidelines](#))

Required	Author Surname, Initials - Title	Date Published	Current Edition	Place of Publication	Chapter(s) Covered
1.					
2.					
3.					
4.					
5.					

**Comments and Course Policies:**

To view the Justice Institute of BC Policies listed below, visit:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy

Harassment Policy

Prior Learning Assessment Policy

Student Code of Conduct

Academic Appeals Policy

Intellectual Property Rights Policy

Research on Human Subjects: Ethics

Student Records