

Justice Institute of British Columbia
COURSE OUTLINE**Course Code: COUNS138****Course Title: On the Edge: Vicarious Trauma and Compassion Fatigue in Aboriginal Organizations****Prerequisite Courses:****School: School of Community and Social Justice****Division/Academy/Centre: Centre for Counselling and Community Safety – Counselling and Capacity Building****Previous Course Code & Title:****Course First Offered:**

# of Credits:	0.5
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Course Description:

This course is for community-based helpers who spend much of their time working with trauma survivors. It is an overview of the western theory about vicarious trauma, compassion fatigue and counter transference. It is also an overview of Aboriginal experience, where many helpers are trauma survivors themselves. The program aims to translate the academic research into real-life examples. The course also aims to provide information, skills, and tools for helpers: not just for when the overwhelm happens; but strategies for prevention. Topics will include boundaries, physiological impacts, spirituality, supervision models, and treatments experienced in a variety of cultures. This course will be a combination of lecture and experiential learning.

Course Goal(s):

This course is an introduction to the topics of Vicarious Trauma and Compassion Fatigue. It is intended to be an overview of the emotional, physiological, and spiritual impacts on individuals working in helping roles.

Learning Outcomes:

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

1. Define vicarious trauma, compassion fatigue.
2. Discuss symptoms of vicarious trauma.
3. Discuss opportunities for preventing vicarious trauma and compassion fatigue.
4. Explore options for helpers once they have experienced vicarious trauma.

Course Topics/Content:

- Define vicarious trauma, compassion fatigue.
- Discuss symptoms of vicarious trauma.
- Discuss opportunities for preventing vicarious trauma and compassion fatigue.
- Explore options for helpers once they have experienced vicarious trauma.

Text and Resource Materials: Use APA style; specify chapters where applicable. ([Style](#))

Required:

Required:

Recommended:

Course Level:

x	First Year		Second Year		Third Year		Fourth Year
	Graduate		Other (describe):				

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	7.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	7.0			

Comments on Delivery Methods:

Course Grading System:

	Letter Grades		Percentage	x	Pass/Fail
	Complete/Incomplete		Attendance Only		

Passing Grade:	Pass
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Evaluation Activities and Weighting:

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighting:

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

Other Course Guidelines, Procedures and Comments:
View the Justice Institute of BC Policies listed below at:

[://www.jibc.bc.ca/studentServices/main/AcademicServices/policies](http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies).

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

Other Course Guidelines, Procedures and Comments:

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

Academic Regulations:

[://www.jibc.ca/programs-courses/jibc-calendar/academic](http://www.jibc.ca/programs-courses/jibc-calendar/academic)

Student Academic Integrity Policy
 Academic Progression Policy
 Admissions Policy
 Academic Appeals Policy
 Evaluation Policy
 Grading Policy

Student Policies:

[://www.jibc.ca/programs-courses/jibc-calendar/student](http://www.jibc.ca/programs-courses/jibc-calendar/student)

Access Policy
 Harassment Policy – Students
 Student Records Policy
 Student Code of Conduct Policy

JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

Inter-professional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.