

Justice Institute of British Columbia COURSE OUTLINE

Course Code: COUNS154

Course Title: From the Ground Up: Expressive Play Therapy Methods to Help Dissociative Children

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

# of Credits:	1.0
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Course Description:

This course will address the impact of trauma on the child's psyche and in particular the dissociative process from a holistic perspective. You will learn how interventions that combine the multi sensory gifts of nature, body centered exercises, imagery and a variety of expressive therapies can be skillfully used to help dissociative, hypervigilant children regain the natural healing power of creative play to process their traumatic experiences.

Course Goal(s):

You will gain insights into the experience and needs of dissociative children that will allow you to create the kind of safety necessary to help traumatized children feel grounded enough to make productive use of their play sessions , begin to effectively process their traumas and thus deal with the emotional, cognitive and behavioral issues that brought them to therapy.

Course Learning Objectives:

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

1. Describe theoretical principles of Holistic Expressive Therapy as related to the subject of trauma and dissociation.
2. Identify and address the therapeutic needs specific to hypervigilant, dissociative children in play therapy.
3. Use expressive play therapy method to help dissociative children ground, develop self soothing skills and increase their self regulating abilities.
4. Use interventions to help children move from traumatic play to creative play and begin to process their trauma.

Course Topics/Content:

- The impact of trauma on the psyche, from a holistic perspective
- The dissociative process, hyper vigilance and the various ways they manifest themselves.
- Methods used with dissociative children: combining the multi sensory gifts of nature, body centered exercises, imagery and a variety of expressive therapies.

- Expressive methods used to create safety, facilitate grounding, help develop self soothing skills and increase self regulating abilities.
- The main challenge of the play therapist: helping the child move from the traumatic play that reinforces the trauma to the creative play that helps process and heal it. (illustrated by slides)
- Opportunity to explore the use expressive methods that combine imagery and materials with multisensory qualities to facilitate groundedness and safety (art, sandplay fiber arts, etc.) as well as visualizations, metaphors, and body-centered exercises

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

Required:

Recommended: Expressive Play Therapy Methods Level 1& 2 and/ or experience in play therapy

Course Level:

X	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:

The course will include some lecture and content is illustrated by slides. Questions are encouraged. Experiential and debriefing used to gain further insight into the use of methods taught.

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input type="checkbox"/>	Pass/Fail	<input checked="" type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

Passing Grade:	Credit Granted
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

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			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

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

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

Comments on Evaluation:

100% attendance in all classes

Active contribution in large and small group discussions and activities

Other Course Guidelines, Procedures and Comments:

The content on this course is based on Holistic Expressive Therapy, an integrative approach to healing that addresses the physical, emotional, cognitive and spiritual needs of children in therapy. This approach was originally developed by the presenter to help severely abused and neglected and traumatized children living in foster care. It has continued to evolve, based on her continuous exploration of the healing process.

View the Justice Institute of BC Policies listed below at:

<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