

Justice Institute of British Columbia COURSE OUTLINE

Course Code: CT301
Course Title: Complex Trauma
Prerequisite Courses: None
School: School of Community & Social Justice
Division/Academy/Centre: Centre for Counselling and Community Safety
Previous Course Code & Title:

# of Credits:	1.5
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Course Description:

You will learn about the impacts and assessments of Complex Trauma within self, family, communities and systems (residential schools, governments, agencies, etc). You will explore the dynamics and interruption of traumatic bonding, Aboriginal treatment models and attitudes for Focusing-Oriented Therapy (FOT), including how to prepare a safe ground for unraveling trauma, vicarious trauma and intergenerational trauma. A variety of Aboriginal /Indigenous treatment modalities are woven throughout the seven certificate courses via experiential exercises, storytelling and ceremonial processes.

Course Goal(s):

Participants will have a better understanding of the complexities of long term trauma on an individual, a family and/or a community. Participants will be able to identify traumatic bonding in an individual and in a family. Participants will better understand the varying treatment needs and treatment approaches required for individuals within a family, and at varying developmental ages. They will recognize that each human being has very different 'fallout' from trauma and will require a unique client-centered treatment approach. Culturally appropriate Aboriginal treatment strategies and resource development will be role modeled and will provide student practitioners with working skills and knowledge of Aboriginal "ways of knowing, thinking and doing" wholistic wellness. Developing respectful relationships within the Indigenous frameworks of "all my relations", "one heart, one mind" and the importance of witnessing will be explored.

Course Learning Outcomes:

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

1. Identify traumatic bonding in individuals of all ages and in families.
2. Recognize the individual needs and approaches required in meeting the specific needs of the individual.
3. Recognize the intergenerational traumatic fall out of colonization and residential schools on Aboriginal/Indigenous communities worldwide.
4. Introduce Focusing-Oriented Therapy (FOT) and practice FOT listening skills.

5. Develop an awareness of required safety techniques when opening up places of trauma in human beings.
6. Begin to notice the places in suffering where the trauma may be intergenerational or vicarious.
7. Identify the impacts of colonialism, gender, race, sexual orientation, politics, poverty, classism, rankism, ageism, etc., on trauma.
8. Develop knowledge of and ways to respond to Aboriginal participants' needs - including basic Aboriginal protocols -and consider regional and tribal differences and similarities when working with complex trauma and culturally appropriate treatment strategies.

Text and Resource Materials:

Required: Study DVD will be provided

Recommended

Course Level:

	First Year		Second Year	X	Third Year		Fourth Year
	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	21.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	21.0			

Comments on Delivery Methods:

The course will include some lecture style presentation outlining theoretical frameworks, experiential exercises and group discussion.

Related Program(s): (where applicable)

Credit Transfer exists at:

Course Grading System:

Check the system that applies to this course:

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

Passing Grade:	Pass
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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 required.

Active contribution in large and small group discussions and activities expected.

Other Course Guidelines, Procedures and Comments:

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