

Justice Institute of British Columbia COURSE OUTLINE

Course Code:	CT303
Course Title:	Intermediate Focusing Oriented Therapy
Prerequisite Courses:	CT301 – Complex Trauma
School:	School of Community and 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 how to work more deeply with regression, dissociation and ego states; how to ground clients from psychotic breaks and/or out of control emotions; and self-injury from Aboriginal/Indigenous perspectives. The importance of nature and animals in treatment is also introduced. You will continue to practice and deepen your skills in Focusing-Orientated Therapy (FOT). You will deepen your own implicit skills using Aboriginal Indigenous teachings of respectful engagement and balance with all of the relationships in nature. How Indigenous Knowledge as framework is central to consider when working within Aboriginal contexts will be demonstrated.

Course Goal(s):

Participants will learn about the ways in which people are different in various settings and people constellations. Participants will learn how to move through various aspects of the client self and reach more deeply into the areas that clients do not necessarily present right up front. They will learn how to ground clients who are 'loosing' their ground and how to stabilize a client who is 'out of control'. Participants will learn how to integrate nature and animals as helpers in affect regulations and keeping company with complex trauma areas. Participants will learn how to move away from self-injurious behaviors in helpful ways. Learning how to witness from culturally appropriate distances/places will also be explored.

Course Learning Outcomes:

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

1. Learn about the brain's executive operating system
2. Recognize the layering of ego states and where the trauma pieces may be presenting.
3. Strengthen awareness of regressed child like states and softening the defenses in a safe manner.
4. Practice grounding people who are in overwhelmed emotional states and loosing ground.
5. Select the appropriate FOT response to trauma by continually assessing where the client is at developmentally and on the medicine wheel/circle.
6. Develop deeper 'crux' questions and deepening the FOT connection with the client.
7. Further notice where the trauma place may be a collective, intergenerational or vicarious symptom that the client is holding.

8. Learn more deeply how to separate the person from the experience to interrupt traumatic bonding.
9. Help to create appropriate boundaries between the client and the client's traumatic experiences, the client's family and intergenerational complexities.

Course Topics/Content

Text and Resource Materials:

Required: Study DVD will be provided.

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:

	Letter Grades		Percentage	X	Pass/Fail		Credit/No Credit
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	Complete/Incomplete	Attendance Only	Not Applicable
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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