

Justice Institute of British Columbia COURSE OUTLINE

Course Code:	CT304
Course Title:	Advanced 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 to identify and practice helping clients move through memory, intergenerational, and vicarious flashbacks and abreactions. You will explore how unresolved current and historical traumas play out in relationships and develop implicit body centered observation skills. You will continue to practice and deepen your skills in FOT and develop implicit body-centered observation skills. Aboriginal /Indigenous creation stories, language, songs, storytelling and the concepts of “gifts” will be addressed where appropriate.

Course Goal(s):

Participants will learn to assess and approach flashbacks and abreactions in a client-centered way. Through observation and practice the participant will learn how to ‘flush’ trauma memories sensitively and to better access the client’s resilience and inner strengths.

Participants will learn the wisdom and knowledge that comes with having moved through traumatic experiences.

Participants will learn how to work effectively with the inner critic/the Trickster; in a way that helps promote productive therapy (The trickster as helper and pointing to the direction of what is underneath and requiring attention). You will continue to explore your own understandings of Aboriginal Indigenous knowledge frameworks while you develop your implicit resources, creativity and affect management skills.

Course Learning Outcomes:

1. To better observe the body for regression and intergenerational cues to flashbacks and abreactions.
2. To recognize the projected impacts of trauma experiences in all relationships.
3. To observe felt sense shifts towards wellness and to ‘grow’ resilience in your clients.
4. To practice more deeply FOT techniques for ‘flushing’ trauma memory and intergenerational trauma and vicarious trauma.
5. To practice self care techniques when working with trauma.
6. To recognize and assess your therapist self for secondary trauma fallout.
7. To learn tools for containment of trauma and therapy boundaries.

8. To work with rather than against the inner critic/trickster with FOT skills.

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
	Complete/Incomplete		Attendance Only		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