

Justice Institute of British Columbia COURSE OUTLINE

Course Code:	CT305
Course Title:	Depression, Grieving and Complex Trauma
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
----------------------	------------

Course Description:

You will learn to assess various aspects and complexities of depression and 'personality disorders' to determine the best treatment approaches. Suffering, grieving and grief rituals are explored. You will continue to practice and deepen your skills in FOT and start learning how to 'flush' complex memory and intergenerational trauma in FOT sessions. Indigenous Knowledge frameworks, ceremony, song and connection to land, geography, seasons and elements will be explored as implicit resource development.

Course Goal(s):

To assess for the complexities of depression to better understand what therapy approach from within the medicine wheel/circle of complex trauma would be best for your client. We will discuss memory depression, intergenerational depression, vicarious depression, and a host of other depressions and the various approaches they can be met with. Participants will learn the 'movements' and complexities of grieving, including the differences between grieving and suffering. Participants will be able to assess for intergenerational grief, vicarious grief and complicated grief to help determine what rituals and FOT therapy approaches would be most helpful. We will assess for the developmental approach depending on the age of the client.

Course Learning Outcomes:

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

1. Learn the depression medicine wheel and what FOT approach would be most effective for the specific depression being presented.
2. Learn to work with the client's defenses and teaching the appropriate client-centered spiritual rituals that may be helpful in unraveling depression and grieving.
3. Learn to assess for the differences between depression, suffering, and grieving in order to select the appropriate client-centered FOT approach.
4. Learn to take more therapist driven/client-centered risks in the FOT practice sessions to more deeply sit with complex trauma and the flushing of the trauma memories within the therapeutic window.
5. Learn to recognize the stages of grieving and where the client is sitting on the medicine wheel of grieving to assess the appropriate FOT approach specific to the developmental age and grief stage the client is in.

6. Learn to recognize the intergenerational and vicarious impacts of grief and depression.
7. Learn to better understand the therapy supports and availabilities of client-centered spirituality.

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
-----------------------	------

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