

Justice Institute of British Columbia COURSE OUTLINE

Course Code:	CT306
Course Title:	Clinical Spirituality and Complex Trauma
Prerequisite Courses:	CT301 – Complex Trauma
School:	School of Community and Social Justices
Division/Academy/Centre:	Centre for Counselling and Community Safety
Previous Course Code & Title:	

# of Credits:	1.5
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Course Description:

This course introduces you to spiritual healing techniques and boundaries for working with complex, intergenerational and vicarious trauma. Whole Body Focusing-Oriented Therapy techniques are also introduced. Aboriginal Indigenous Knowledge cosmology such as ancestral knowledge and connection to ancestors will be explored where appropriate.

Course Goal(s):

Participants will be able to support their clients through physical movements within an FOT session. Often clients, who have experienced significant traumatic events will often have 'stuck places' within their body and may want to physically move through and release stuck places from an earlier time. Aboriginal Indigenous knowledge frameworks introduced previously will continue inform our relationships and our practice skills in FOT.

Course Learning Outcomes:

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

1. Develop ways of supporting safe physical movements within FOT sessions.
2. Determine how boundaries required when considering whole body FOT sessions with a client.
3. Determine how to work with regression and flashbacks within whole body FOT sessions.
4. Recognize how to stay within the window of tolerance to ensure safety in whole body FOT sessions.
5. Select age appropriate movements depending on the age of your client.
6. Determine how to place your own therapist self so that you do not amplify or create unnecessary transference issues that can interrupt the client needs.
7. Apply the use of clearing space and creating the right environment for whole body FOT session.
8. Determine when the client is initiating whole body FOT.
9. Identify in the body what the body needs now and determine how to let go and receive what is needed.

10. Recognized how ceremony, creativity & witnessing are critical elements for client centered grief expression.

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