

Justice Institute of British Columbia COURSE OUTLINE

Course Code:	CT307
Course Title:	Dreams 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
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Course Description:

You will develop skills to connect with dreams and nightmares to help unravel complex trauma, inter-generational trauma and vicarious trauma. This course will also synthesize FOT theory and skills developed throughout the program. Continue to synthesize and demonstrate Aboriginal Indigenous wholistic values of respectful, responsible, relationships that are reciprocal and reverent.

Course Goal(s):

Day and Night Dreams, fantasies, 'twisted thoughts' and nightmares are a normal part of the unraveling of complex trauma. The goal of this course is to develop skills to access these fertile areas in order to move through trauma and into wellness. Dreams, good and bad, can be helpers and windows into trauma places that deserve our attention. Some clients do a large bulk of their healing through working with dreams. Be open, curious and friendly to all of the options and resources available to your self, the client and the participants.

Course Learning Outcomes:

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

1. Present the dream, fantasy, twisted thought, nightmare, out in front so that it can be 'entered' in a respectful and helpful way.
2. Identify where the dream may be coming from; past, present or future.
3. Identify the theme within its fabric and how it fits into the client's current life.
4. Help the client interpret the meaning and help that is there within the dream.
5. Ground and steady the client in order to navigate nightmares and complex trauma memory dreams.
6. Help the client recognize how the spirit of the dream is useful in their recovery.
7. Understand the symbols and spiritual aspects, including ancestors and animals and nature.
8. Recognize the dream as a helper in unraveling complex trauma in a gentle yet effective and productive way.

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