



Justice Institute of British Columbia COURSE OUTLINE

Course Code: CT504
Course Title: Somatics in Complex Trauma
Prerequisite Courses: CT501, CT502, and CT503
School: School of Community and Social Justice
Division/Academy/Centre: Centre for Counselling & Community Safety
Previous Course Code & Title:
Course First Offered: October 2011

# of Credits:	1.0
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Course Description:

This highly experiential 2-day course introduces you to the foundational principles and practices of somatic work, an essential skill in working to repair the dysregulated nervous system of complex trauma survivors. You will engage with several conceptual frameworks, and learn somatic assessment and intervention tools. This practical and highly participatory course will help you develop many skills that can be adapted to diverse populations. Child and youth material is integrated throughout.

Course Goal(s):

At the end of this 2-day course, the learner will be able to apply somatic interventions from the perspectives of social location and identity, and cultural competence and safety and will practice somatic interventions skills for all stages of treatment.

Learning Outcomes:

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

1. Summarize the impact of complex trauma on the body, the basic neuroscience of the body and how 'the body knows the score'
2. Distinguish somatic theory and intervention within complex trauma theory and intervention as taught in this program
3. Explain central somatic therapies for complex trauma
4. Identify a range of somatic interventions for each of the three-phases of trauma intervention
5. Demonstrate basic somatic interventions in an appropriate manner in work with complex trauma clients
6. Practice somatic self-awareness and demonstrate clinical awareness of resources and vulnerabilities related to doing somatic work

Course Topics/Content:



- theoretical framework for understanding somatic work in complex trauma intervention
- somatic empathy and somatic resourcing
- trauma and neurobiological concepts
- somatic interventions

Text and Resource Materials:

Required:

No required text for this course. This course relies on a series of handouts which will be included in the course materials

Course Level:

	First Year		Second Year		Third Year		Fourth Year
X	Other (describe): Graduate Level						

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 (includes extensive experiential learning/ skill practice)	15.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	15.0			

Comments on Delivery Methods:

Course Grading System:

X	Letter Grades		Percentage		Pass/Fail
	Complete/Incomplete		Attendance Only		

JIBC Standard Grading Scale for Letter, Grade Point and % Grades:



Letter Grades	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
F	0.00	0-49

Evaluation Activities and Weighing:

Final Exam	%	Assignments	55%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	20%	Journal Entries	25%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighing:

Assignments: 55%

Journal Entries: 25%

Course participation of 20% includes:

Class attendance and participation

Completion of the daily assessment homework activities, and participation in the homework debriefing activities

Demonstration of course material comprehension and skill through classroom participation

Other Course Guidelines, Procedures and Comments:

100% attendance is required

Active participation in all activities is expected

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.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