

Justice Institute of British Columbia
COURSE OUTLINE**Course Code: CY240****Course Title: Understanding Children and Youth Who Have Experienced Trauma****Prerequisite Courses:****School: School of Community and Social Justice****Division/Academy/Centre: Centre for Counselling and Community Safety – Counselling and Capacity Building****Previous Course Code & Title:****Course First Offered:**

# of Credits:	1.0
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Course Description:

This course provides an understanding of the impact of trauma across the developmental lifespan of children and adolescents, and examines the resulting coping mechanisms. You will explore the support needs of children and adolescents who have experienced trauma, and examine specific skills for meeting these needs.

Course Goal(s):

By the end of this 14 hour, 2 day course participants will be able to describe the impact of trauma on children and youth and have specific skills and strategies for meeting the needs of these children.

Learning Outcomes:

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

1. Discuss the impact of trauma on children and youth
2. Define the psychobiology of trauma and its impact on cognitive and emotional development, and affect on regulation.
3. Describe the Relational/Cultural model and why it is effective in treating this population.
4. Discuss the importance of attachment and resiliency in the context of child & adolescent trauma.
5. Describe the developmental stages and impacts of trauma on those stages.
6. Identify supportive interventions and containment strategies across developmental stages.
7. Describe the impact of age, culture, race and gender in this population.
8. Practice self-care and deal with vicarious trauma.

Course Topics/Content:

- The impact of trauma on children and youth
- The psychobiology of trauma and its impact on cognitive and emotional development.
- The Relational/Cultural model
- Attachment and resiliency in the context of child & adolescent trauma.
- The developmental stages.
- Supportive interventions and containment strategies across developmental stages.
- Age, culture, race and gender in this population.
- Self-care and vicarious trauma

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Required:

Recommended:

Course Level:

x	First Year		Second Year		Third Year		Fourth Year
	Graduate		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	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:

Course Grading System:

	Letter Grades		Percentage	x	Pass/Fail
	Complete/Incomplete		Attendance Only		
Passing Grade:		Pass			

Evaluation Activities and Weighting:

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighting:

100% attendance in all classes.

Active contribution to small and large group discussions and activities

Other Course Guidelines, Procedures and Comments:

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

Academic Regulations:

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

- Student Academic Integrity Policy
- Academic Progression Policy
- Admissions Policy
- Academic Appeals Policy
- Evaluation Policy
- Grading Policy

Student Policies:

<http://www.jibc.ca/programs-courses/jibc-calendar/student-policies>

- Access Policy
- Harassment Policy – Students
- Student Records Policy
- Student Code of Conduct Policy

JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

Inter-professional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.