

Justice Institute of British Columbia COURSE OUTLINE

Course Code: EP251

Course Title: Responding to Trauma and Post-Traumatic Stress Reactions

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

Course Effective Date:

# of Credits:	1.0
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Course Description:

This course brings together a broad range of trauma responders, including counsellors, therapists, frontline workers, personnel from emergency service professions, and other service providers working with trauma survivors in a variety of contexts. You will review the range of individual differences in response to traumatic experiences, and will consider the implications for early interventions by community responders.

Course Goal(s):

At the end of this 2 day, 14 hour course, participants will be able respond appropriately to trauma survivors and will gain an appreciation for the potential effects of vicarious trauma and how this can impact the “helper” as well as the helping relationship.

Course Learning Objectives:

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

1. Upon successful completion of this course, the participant will be able to:
2. Define “psychological trauma”
3. Discuss the multiple variables that determine the severity of the impact of trauma
4. Discuss the similarities and differences between single episode, repetitive, cross-generational, and mass trauma
5. Describe the psychobiological aspects of trauma
6. Describe the potential impact of trauma on the mind/body/emotions/spirit
7. Assess the effectiveness of current therapeutic, social service, justice, corrections, and restorative approaches to trauma survivors.
8. Evaluate personal as well as organizational strategies for protecting against the negative impact of vicarious trauma

Course Topics/Content:

- Definition of psychological trauma
- Event and personal variables and the impact of trauma

- Individual versus collective trauma
- The impact of trauma on the human brain and nervous system
- The multi-dimensional impact of trauma
- The early stages of recovery and effective professional responses
- The mechanism of vicarious trauma, individual vulnerabilities, and preventative strategies

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

Required:

Recommended:

Course Level:

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

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

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:

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input checked="" type="checkbox"/>	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

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

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

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.

Active contribution in small and large group discussion and activities.

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