

Justice Institute of British Columbia COURSE OUTLINE

Course Code: SPE114

Course Title: Journey Through Complex Trauma: Focusing, Treatment & Healing

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:

Focusing is a body-centred and person-centred approach to healing, developed two decades ago at the University of Chicago by Eugene Gendlin. Focusing oriented psychotherapy allows clients total control of the pace and the direction of their healing journey. It is particularly effective in the treatment and healing of complex trauma and posttraumatic stress disorders caused by residential school abuse, family violence, addictions, witnessing violence, death, loss and grieving, suicides, and sexual, physical and emotional abuse and neglect. Focusing can be used alone or integrated into a variety of other treatment methods.

In this two-day course we will explore the dynamics of trauma-based families, the relationship between the body and memory; traumatic bonding and “brainwashing”; the impacts of complex trauma on individuals; the reliability of memory and “false” memory; self-injury; flashbacks, projections and re-enactments of trauma.

This course is intended for counsellors, social workers, crisis teams, healers and therapists who work in/with Aboriginal agencies and/or communities or in various other cross-cultural situations/settings. **Includes networking lunch.**

Course Goal(s):

This course will provide participants with an introduction to the Focusing approach to complex trauma.

Course Learning Objectives:

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

1. Describe in detail the key aspects and benefits of Focusing oriented therapy.
2. Provide an overview of complex trauma and post-traumatic stress disorders.
3. Describe trauma in families, abusive relationships.
4. Describe the impact of trauma.
5. Describe in detail some of the coping mechanisms demonstrated by those who have experienced complex trauma.
6. Articulate the relationship between the body and memory of trauma survivors.

Course Topics/Content:

A comprehensive, advanced professional training program for counsellors, therapists and service providers in the helping professions including:

- exploration of trauma in families, abusive relationships
- traumatic bonding and collusion
- power and control in abusive relationships
- legacy of residential schools
- the impact of trauma: loss of identity, post traumatic stress disorder, trauma and the brain, coping with trauma including addictions
- the relationship between the body and memory of trauma survivors: determining the reliability of memory; managing overwhelming emotions in therapy; understanding self-injury, flashbacks, projections and re-enactment of trauma
- understanding and management of post-traumatic stress disorder symptoms such as flashbacks, rage, numbing, self-inflicted injury
- differentiation and screening for real versus false memory
- working with speechless clients
- use of Focusing Oriented Therapy in working with Complex Trauma Survivors: demonstration and introduction in the effective use of Focusing Oriented Therapy methods and techniques
- the role of spirituality in healing; ceremonies and rituals

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

Required: N/A

Recommended:

Gendlin, Eugene. (2007) *Focusing*.

Stapert, Marta and Eric Verliefde. (2008) *Focusing with Children - The art of communicating with children at school and at home*

Goleman, Daniel. (2007) *Social Intelligence: The New Science of Human Relationships*.

Course Level:

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

Equivalent Course(s) within the JIBC:

None.

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
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: (complete the %'s which apply – total must equal 100%)

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

Comments on Evaluation:

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