

Justice Institute of British Columbia COURSE OUTLINE

Course Code: SPE148

Course Title: Treating Complex Psychological Trauma: A Clinical Course on Effective Approaches and Strategies

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
----------------------	------------

Course Description:

The treatment of survivors of chronic abuse presents many challenges, including complex diagnosis, treatment staging, and relational dilemmas. In the past decade, there have been remarkable advances in both understanding and treatment approaches concerning abuse-related trauma. The treatment model presented for complex PTSD is a nonpathologizing, developmentally informed approach that integrates cognitive-behavioural and psychodynamic perspectives. This model moves away from the idea of understanding discrete “symptoms,” towards a more sophisticated and integrated understanding of how survivors adapt to and cope with the long-term effects of chronic abuse. This course offers a conceptual framework for the delivery of effective clinical interventions with abuse survivors. Specific techniques and approaches will be taught that will assist in addressing affect regulation, chronic intrusion and hyperarousal, trauma-related schemata, attachment difficulties and re-enactments.

Course Goal(s):

This two day, fourteen hour course will teach participants about abuse-related complex psychological trauma and its treatment. It will cover the fundamental components of first stage trauma treatment and provide specific tools and concrete strategies to use in doing this work.

Course Learning Objectives:

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

1. Recognize biological, psychological and social contexts of complex trauma
2. Understand a developmentally informed therapy for complex post-trauma
3. Discuss ways in which complex trauma differs from “simple” trauma
4. Explore the central components of any effective trauma treatment.
5. Outline the rationale for process-based affect regulation skills development
6. Become familiar with specific interventions for Complex PTSD
7. Explain why and how the therapeutic relationship is critical in the treatment of PTSD and complex posttraumatic stress

Course Topics/Content:

- Overview and conceptual framework
- Introduction - the frame of the training (what to expect).
- The Trauma Framework
 - Gender, abuse and social context
 - Non-pathologizing treatment approach
 - Empowerment and Collaboration
- Understanding Abuse and trauma developmentally
 - Attachment theory
 - Focus on self-capacities
 - Dissociation
 - Physical and biological effects of trauma
 - Effects on gender and sexuality
- Advances in the field
 - Recognizing *Complex* PTSD (how is it distinct from simple PTSD)
 - Understanding trauma responses
 - Treatment sequencing
- The Challenges of Abuse-related Trauma Therapy
 - Clinical challenges in working with complex post-traumatic stress responses
- Establishing the Therapeutic Alliance
 - Collaboration
 - Validation and empathic attunement
 - Empowering clients to make changes
 - Respectful engagement/active facilitation
- Managing Trauma Responses
 - Strategies for working with:
 - Affect dysregulation
 - Overdeveloped avoidance strategies
 - Chronic intrusion and hyperarousal
 - Nonverbal/implicit memories of trauma and neglect
 - Insecure attachment-related schemata
- Tools and Techniques for Trauma-Focused Treatment
 - Exposure, activation, disparity, extinction/counter conditioning, and resolution
 - Affect regulation skills (emotion management)
 - Identification of trauma based interpersonal schemas
 - Altering the triggers - cognitive effects on post-traumatic activations

- Countertransference Responses to Abuse Survivors
 - Theory
 - Transference- Countertransference dynamics
 - Boundaries and sexual countertransference
- Closing Remarks

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

Passing Grade:	Credit Granted
-----------------------	----------------

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 to small and large group discussions 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