

Justice Institute of British Columbia
COURSE OUTLINE

Course Code: SPE151
Course Title: New Frontiers in Trauma Treatment
Prerequisite Courses: N/A
School: Community Safety and Social Justice
Division/Academy/Centre: Centre for Counselling and Community Safety
Previous Course Code & Title:
Course First Offered: April 2013

# of Credits:	1.0
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Course Description:

In this course we will explore the neurobiology of self-regulation and examine ways of befriending one's body, both of which are essential for the integration of traumatic memories. We will identify how sensations, actions patterns and physical sensations from the past are stored on sub-cortical (unconscious) levels of the brain and discuss how limited insight and understanding are in helping people to control these processes.

Finally, we will study and experience the capacity of techniques such as EMDR, yoga, Internal Family Systems Therapy, theatre work, and neurofeedback to help people overcome a traumatic past and regain the capacity to be fully alive in the present.

This course is beneficial for psychologists, psychiatrists, mental health counsellors, clinical social workers, marriage and family therapists and certified addictions counsellors. This course is appropriate for beginning, intermediate and advanced level practitioners.

Course Goal(s):**Learning Outcomes:**

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

1. Describe recent developments in neuroscience as they relate to the treatment of PTSD.
2. Name and describe techniques of physical mastery, affect regulation attention and memory processing.
3. Compare and contrast methods of resolving traumatic memories.

Course Topics/Content:

- Neuroscience, self-awareness and trauma.
- The nature and essence of human attachment.
- Proven techniques to help people integrate traumatic memories.
- New psychotherapeutic treatments.
- Somatic approaches for dealing with trauma, including EMDR, yoga, dance, theater work, and tai chi.

- Methods of resolving traumatic memories
- Methods of promoting mastery over the posttraumatic legacy of constriction, disconnection, and feeling lost in the world.

Text and Resource Materials:

N/A

Required:

Recommended:

Course Level:

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

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
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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:

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.

Problem solving

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

Communication, oral and written

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

Interpersonal relations

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

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.

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.