

Justice Institute of British Columbia COURSE OUTLINE

Course Code: TS120

Course Title: Trauma, the Body, and the Autonomic Nervous System: Using Somatic Psychology for Resolution and Regulation

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:

When bodies speak through symptoms they are often telling the story or stories of trauma and accumulated stress patterns of life. Addressing Autonomic Nervous System (ANS) Disregulation from a Somatic Perspective is key to resolving complex trauma, PTSD and developmental trauma on a deep physiological level. This workshop will conceptually link together the body, the brain and the ANS and how it intersects with trauma and offer somatic interventions to work with ANS resolution and regulation.

Course Goal(s):

The goals of this two day, fourteen hour course are to develop an understanding of how the autonomic nervous system (ANS), somatic psychology, the right and left hemispheres of the brain and trauma intersect; to conceptualize and recognize the five dimensions of trauma and their relationship to complex nervous system dysregulation; and to develop skills in facilitating interactive psychological regulation in therapeutic practice.

Course Learning Objectives:

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

1. Recognise physical, emotional and cognitive symptoms of ANS dysregulation and make appropriate somatic interventions
2. Work more effectively with states of hypo and hyper arousal
3. Use the basic principles of somatic empathy, self-regulation, and engaging the innate wisdom of the body

Course Topics/Content:

- The five dimensions of trauma: simultaneously a whole and a part.
- Symptoms and their relationship to undigested experiences of trauma
- The innate wisdom of the body
- Recognition of and intervention with states of hypo and hyper arousal
- Narrative and somatic processes which restore resiliency in the nervous system

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:

	Letter Grades		Percentage	X	Pass/Fail		Credit/No Credit
	Complete/Incomplete		Attendance Only		Not Applicable		

Passing Grade:	Pass
-----------------------	------

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