

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** TS121

**Course Title:** Resisting vicarious Traumatization: Sustaining Ourselves in Work with Trauma – Level 1

**Prerequisite Courses:**

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

**Previous Course Code & Title:** COUNS121

**Course Effective Date:**

<b># of Credits:</b>	<b>0.5</b>
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### **Course Description:**

Therapists working with trauma are witnesses to oppression, exploitation, and violence. There are prescriptive stories that we will “burn out” in this work. Contrary to this, however, is the story of sustainability; how our collective work against violence and trauma sustains us, nourishes our hope, and invites us to honour the resistance and strength we witness in the people we work alongside of. In this experiential course, trauma therapists will unpack the prescriptive story of burnout and map their relationship with stories of sustainability. We will collectively honour our resistance to unjust ways of working, and map the influence of social justice ideas and practices in our work. Situating trauma within social contexts, we will work towards moving from private pain to public issue and resisting the pathologizing of our clients as passive victims. Therapists will begin to build their own “solidarity teams,” examining who stands beside them, and what theories, practices, and ethics sustain them. The voices of clients will be present through poems, transcripts, and letters.

### **Course Goal(s):**

Following this one-day workshop, therapists will be better able to resist vicarious traumatization, and to utilize collective solidarity approaches as part of their practice to create sustainability. The course will also investigate resistance to oppression and track the spirit of social justice in the life of the therapist.

### **Course Learning Objectives:**

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

1. Deconstruct prescriptive stories of “Burn Out”.
2. Track their connections to the spirit of Social justice in their work, and in their life.
3. Understand and identify their clients’ resistance to oppression, and deconstruct constructions of victim identities in trauma work.
4. Identify their own resistance to oppressive, specifically as it pertains to their sustainability in work with trauma.
5. Identify sustainability in their practice, and create structures, which promote sustainability.
6. Create a Solidarity team to sustain their practice.

**Course Topics/Content:**

- Map the spirit of social justice in our work with trauma
- Understandings of resistance to oppression in both our clients and ourselves
- Create collective responses to trauma, and resist the individuation of our clients and ourselves
- Ethical supervision: theory and practice that sustains the therapist against vicarious traumatization
- Participate in a Supervision of Solidarity Witnessing Group

**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	7.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
<b>Total Class Hours</b>	7.0			

**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		

<b>Passing Grade:</b>	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 work and activities.

Successful completion of written assignment for Substance Use Certificate.

**Other Course Guidelines, Procedures and Comments:**

This is an elective credit.

**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