

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** TS122

**Course Title:** Resisting Vicarious Traumatization: Sustaining Ourselves in Work with Trauma – Level 2

**Prerequisite Courses:** Resisting Vicarious Traumatization: Sustaining Ourselves in Work with Trauma – Level 1 (TS121)

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

**Previous Course Code & Title:**

**Course Effective Date:**

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

This experiential course will expand the conversations and sustainability practices outlined in Resisting Vicarious Traumatization: Sustaining Ourselves in Work with Trauma – Level 1. Throughout the course, you will be invited to map your relationship to ethics, accountability, and sites of resistance. The course demonstrates how doing justice is possible through acts of solidarity and holding ourselves collectively accountable. You will reflect on the ways you may replicate dominance and sites of oppression in the therapy and community work you do – despite your best efforts and your commitment to social justice. You will participate in therapeutic supervision witnessing practices centred on sustainability, and formulate personal and collective plans for sustainability in your work.

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

Following this one day course counsellors and therapeutic supervisors will be better able to engage with practices of sustainability, and will have strategies to resist vicarious trauma and to promote and hold onto their preferred relational ethics. This course will focus on practice.

### **Course Learning Objectives:**

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

1. Map their own relational ethics
2. Create plans, individual and collective, for promoting and holding onto sustainability
3. Develop a more complex analysis of power in the counselling relationship
4. Monitor themselves individually and collectively for practices that go against their ethics and invite burn out
5. Understand practices of honouring our clients' resistance, and resist re-traumatizing client and counsellor
6. Use therapeutic supervision witnessing practices that engender and nourish sustainability

**Course Topics/Content:**

- Practices of engendering and holding onto sustainability
- Mapping the spirit of relational ethics in our work with trauma
- Participating in a sustainability witnessing group
- Understanding power relations and the replication of oppression and power over practices

**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 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		

<b>Passing Grade:</b>	Credit Granted
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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 large and small group discussions and activities.

Successful completion of a written assignment for the Substance Use Certificate.

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

This course is an elective credit.

Participants who have attended COUNS121 will be familiar with the theories and practices presented. Therapeutic Supervisors will also be well prepared for this course.

**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