

Justice Institute of British Columbia COURSE OUTLINE

Course Code: TS201

Course Title: Advanced Somatic Integration: Trauma Resolution and Regulation

Prerequisite Courses: TS120 - Trauma, the Body and the Autonomic Nervous System: Using Somatic Psychology for Resolution and Regulation

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

Previous Course Code & Title:

# of Credits:	1.0
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Course Description:

This course will deepen your conceptual understanding of how the body, the brain, the Autonomic Nervous System and trauma intersect and create multiple and complex trauma presentations. You will build upon the foundation of the somatic skills and interventions presented in the foundation course and heighten your awareness of tracking the somatic experience of self and clients in your practice. You will gain skills to work somatically with re-establishing boundaries and working with immobilized responses and patterns of undigested traumatic material.

Course Goal(s):

You will deepen your understanding of the theory of Autonomic Nervous System (ANS), Somatic Psychology, the Right and Left hemispheres of the brain, and trauma intersect. You will increase your understanding of how boundary ruptures impact ANS dysregulation and expand your skills in facilitating interactive psychobiological 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 within the window of tolerance in completing immobility responses and repairing boundary rupture
3. Expand your somatic skills and heighten your awareness as they relate to self-regulation, empathy, attunement, and engaging the innate wisdom of the body

Course Topics/Content:

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Recommended:

Course Level:

	First Year		Second Year		Third Year		Fourth Year
X	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
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55

B-	2.67	68-71	F	0.00	0-49
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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

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