

Course Title : Trauma Psychology

Course Code : PSY-817

Credit Hours : 3

Pre Requisite: Ethics & Psychotherapy

Course Description:

The course provides with a comprehensive exploration of the psychological trauma field, including the history and current theories in the field, the nature of trauma (sexual abuse, combat, and natural disasters), how trauma affects individuals and systems, grief reactions, and traumatic stress. Also included in this class, is the exploration of the professional's response to trauma, crisis intervention, comorbid disorders and general treatment issues. The students will have the opportunity to review evidence-based practices in the trauma field as well .

Objectives:

- The course will increase the students understanding of trauma and its psycho social impact.
- Enable the students to do the trauma assessment and make management plan keeping in view the unique needs of the patients/clients.
- Develop the scientific understanding of the subject through examination of recent work in the field.

Learning Outcomes:

- Will better understand the nature and impact of trauma.
- Will be able to carry out trauma assessment and intervention.
- Will carry out research to increase understanding of impact and nature of trauma in our context.

Course Content:

- Introducing trauma psychology
- Neurobiological and cognitive approaches to trauma
- Adult and Child Responses to Trauma: trauma and development of self
- Grief Reactions to Trauma/Bereavement

- Trauma and Resilience
- Assessment of trauma
- Evidence-based interventions for trauma
- Ethical and professional considerations for practitioners
- Crisis intervention/psychological first aid

Suggested Readings:

- Briere, J. & Scott, C. (2006). Principles of Trauma Therapy: A Guide to Symptoms, Evaluation and Treatment. Thousand Oaks: Sage Publications.
- Herman, J.L. (2001). Trauma and Recovery. New York: Basic Books
- Van der Kolk, B.A., McFarlane, A.C., and Weisaeth, L., (Eds.) (2007). Traumatic Stress: The Effect of Overwhelming Experience on Mind, Body, and Society. Guilford Press: New York.