

STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK



MASTER SYLLABUS

PSYC 316 – Understanding Trauma

CIP Code: 42.2813

Created by: Marcella Chiromo, Ph.D.

**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
SPRING 2024**

A. TITLE: Understanding Trauma

B. COURSE NUMBER: 316

C. CREDIT HOURS
Credit Hours: 3
Lecture Hours 3 per week
Course Length: 15 weeks

D. WRITING INTENSIVE COURSE: No

E. GER CATEGORY: n/a

F. SEMESTER(S) OFFERED: Fall or Spring

G. COURSE DESCRIPTION:

In this course, students will be introduced to trauma, types of trauma, and how an individual can overcome and heal from traumatic events. The course will provide foundational knowledge of the biological, social, cultural, psychological, and developmental impact of trauma. Trauma informed assessment and care and its application in the health care field and educational settings will be examined. Students will gain an understanding of psychological disorders that may manifest from the experience of trauma.

H. PRE-REQUISITES: PSYC 100, PSYC 275
CO-REQUISITES: None

I. STUDENT LEARNING OUTCOMES:

<u>Course Student Learning Outcome</u>	<u>PSLO</u>	<u>ISLO</u>
a. Describe the nature of trauma and the common structure and its variations according to setting and cause.	PLO 1: Students will demonstrate fundamental knowledge and comprehension of the major concepts, theoretical perspectives, historical trends, and empirical findings to discuss how psychological principles apply to behavioral problems.	2 Critical Thinking [CA]
b. Identify the different types of trauma and their manifestations.	PLO 1: Students will demonstrate fundamental knowledge and comprehension of the major concepts, theoretical perspectives, historical trends, and empirical findings to discuss how psychological principles apply to behavioral problems.	2 Critical Thinking [CA]
c. Understand the process of assessment of individual and group needs.	PLO 5: Students will demonstrate skills in applying psychology-specific content and skills, effective self-reflection, project management skills, teamwork skills, and career preparation.	2 Critical Thinking [PS]
d. Discuss the impact of trauma from a physiological, social, cultural, and	PLO 1: Students will demonstrate fundamental knowledge and comprehension of the major	2 Critical Thinking

psychological perspective.	concepts, theoretical perspectives, historical trends, and empirical findings to discuss how psychological principles apply to behavioral problems.	[IA]
e. Apply the informed care model in human services settings.	PLO 5: Students will demonstrate skills in applying psychology-specific content and skills, effective self-reflection, project management skills, teamwork skills, and career preparation.	2 Critical Thinking [PS]

J. APPLIED LEARNING COMPONENT: Yes - Classroom/Lab

KEY	Institutional Student Learning Outcomes [ISLO 1 – 5]
ISLO #	ISLO & Subsets
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]
3	Foundational Skills Information Management [IM], Quantitative Lit./Reasoning [QTR]
4	Social Responsibility Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]
5	Industry, Professional, Discipline Specific Knowledge and Skills

K. TEXTS: To be determined by instructor

L. REFERENCES:

- Kirmayer, L., Lemelson, R., & Barad, M. (2007). *Understanding trauma: integrating biological, clinical, and cultural Perspectives*. Cambridge University Press.
- Seiff, D. F. (2014). *Understanding and healing emotional trauma: conversations with pioneering clinicians and researchers*. Routledge.
- Harms, L. (2015). *Understanding Trauma and resilience*. Bloomsbury Publishing.
- Allen, J. G., (2008). *Coping with trauma: hope through understanding*. American Psychiatric Pub.
- Greaves, L. & Poole, N. (2012). *Becoming trauma informed*. Center for Addiction and Mental Health.
- Downey, C., & Crummy, A. (2022). The impact of childhood trauma on children's wellbeing and adult behavior. *European Journal of Trauma & Dissociation (6) (1)*. <https://doi.org/10.1016/j.ejtd.2021.100237>.
- Hagborg, J.M., Kalin, T. & Gerdner, A. The Childhood Trauma Questionnaire—Short Form (CTQ-SF) used with adolescents – methodological report from clinical and community samples. *Journ Child Adol Trauma* 15, 1199–1213 (2022). <https://doi.org/10.1007/s40653-022-00443-8>
- Schollar-Root, O., Cassar, J., Peach, N., Cobham, V. E., Milne B., Barrett E., Back, S. E., Bendall, S., Perrin, S., Brady, K., Ross J., Teesson, M., Kihias, I., Dobinson, K. A., & Mills, K. L. (2021). Integrated trauma-focused psychotherapy for traumatic stress and substance use: Two adolescent case studies. *Clinical Case Studies, (21)(3)*, 129-208. DOI: 10.1177/153465012111046054
- Curran, L. (2013). *101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward*.

- M. **EQUIPMENT:** Tech. Enhanced Classroom, LMS
- N. **GRADING METHOD:** A - F
- O. **SUGGESTED MEASUREMENT CRITERIA/METHODS:**
Written assignments, Quizzes, Exams, Discussions, Presentations
- P. **DETAILED COURSE OUTLINE:**
 - 1. What is trauma?
 - a. Events
 - b. Response
 - c. Impact
 - 2. Different Types of Trauma
 - a. Acute
 - b. Chronic
 - c. Complex
 - d. Early Childhood Trauma
 - e. Bullying
 - f. Community Violence
 - g. Natural Disasters
 - h. Abuse
 - i. Medical Trauma
 - 3. The Impact of Trauma
 - a. Physiological
 - b. Social
 - c. Emotional
 - d. Behavioral
 - c. Psychological
 - 4. Trauma and Development
 - a. Early Childhood
 - b. Adolescence
 - c. Adult
 - 5. Trauma and Culture
 - a. Identifying Trauma
 - b. Symptoms of Trauma
 - c. Treatment of Trauma
 - 6. Trauma and Stress Related Disorders
 - a. PTSD
 - b. Acute Stress Disorder
 - c. Adjustment Disorder
 - d. Reactive Attachment Disorder

- e. Disinhibited Social Engagement Disorder
- f. Unclassified and Unspecified Trauma Disorders

7. Vicarious Trauma

- a. Prevalence
- b. Symptoms
- c. Treatment

8. Trauma Informed Care

- a. What is Trauma Informed Care?
- b. The Application
- c. Benefits of Trauma Informed Care

9. Living with and Healing from Trauma

- a. Case Studies

Q. LABORATORY OUTLINE: n/a