



HSRV 137 - Trauma-Informed Interventions Course Outline

Approval Date: 12/09/2021

Effective Date: 08/12/2022

SECTION A

Unique ID Number CCC000632755

Discipline(s) Counseling
and
Clinical Practice

Division Counseling

Subject Area Human Services

Subject Code HSRV

Course Number 137

Course Title Trauma-Informed Interventions

TOP Code/SAM Code 2104.00 - Human Services, General* / C - Occupational

Rationale for adding this course to the curriculum This course will provide students with information about treatment for trauma for different populations. It will provide a context for delivery of trauma services.

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education
Mode of Instruction Entirely Online

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog This course is designed to provide an overview of trauma informed treatment.

Description Student will explore the context in which services are delivered and the roles of treatment providers in different agencies. Students will review several evidence-based treatments and the effectiveness of those treatments for various populations.

Schedule
Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s)

- HSRV 130 with a minimum grade of C or better

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will explain how trauma-informed care treats various symptoms, and conditions in different ages and populations.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Describe the systems of care, provider roles, and accessibility to trauma-services
- B. Define evidence-based practice.
- C. Discuss how resilience assists in mitigating the effects of trauma.
- D. Identify barriers for access and treatment of trauma victims.
- E. Compare and contrast evidence-based practices for children, adolescents, and adults.
- F. Identify culturally appropriate treatments and adaption for different clients.
- G. Create self-care strategies to prevent burn out for providers.
- H.

3. Course Content

- A. Review of Trauma
 - a. Effects of trauma
 - b. Assessment
 - a. Screens used for assessment
 - c. Post-traumatic stress disorder
 - d. Complex trauma
 - a. Comorbid psychiatric disorders
- B. Working with clients of different cultures
 - a. Communication skills and cross-cultural competency
 - b. Cultural concepts of illness and psychiatric problems

- c. Institutional racism
 - a. Barriers in access to treatment for people of culture
 - b. health disparities
- C. Engaging client
 - a. Person-centered approaches to treatment
 - b. Different helpers and roles
 - c. Active listening
 - d. Verbal and non-verbal language
 - e. Defining personal boundaries
 - f. Establishing trust and supportive atmosphere
- D. Define evidence-based treatments
 - a. interdisciplinary treatments
 - a. Roles of providers and tasks
 - b. Case management
 - c. Outpatient/inpatient treatment
 - a. Private, non-profit, government services
 - b. Victims of care
 - d. individual therapy, family therapy, group therapy
- E. Trauma treatments
 - a. Psychodynamic
 - a. Person-centered approach
 - b. Cognitive behavioral therapies
 - a. Cognitive processing therapy
 - c. Exposure therapy
 - d. Somatic therapies
 - a. mindfulness
 - b. yoga
 - e. Complementary and Alternative Therapies
 - a. Hypotherapy
 - f. Neurofeedback
 - g. Pharmacotherapies
 - h. EMDR
 - i. Reenactment Protocol
 - a. psychodrama
 - j. Special Populations/System
 - a. Children
 - b. Adolescents
 - c. Military
 - d. Traumatic Grief
 - e. Sexual Assault and Sexual Abuse
 - k. Burnout and self-care
 - l.

4. Methods of Instruction:

Activity:

Critique:

Directed Study:

Discussion:

Lecture:

Projects:

Visiting Lecturers:

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

- Exams/Tests --
- Quizzes --
- Research Projects --
- Oral Presentation --
- Projects --
- Group Projects --
- Class Participation --
- Class Work --
- Home Work --
- Class Performance --
- Final Exam --
- Mid Term --

- Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

- A. Reading Assignments
Students will be required to read the textbook and specific articles related to the Human Services population.
Example 1: Read a chapter from the assigned textbook.
Example 2: Review websites with pertinent trauma-informed care.
- B. Writing Assignments
Students will be required to submit writing assignments, journal entries and written assignments from the text, which will include problem-solving.
Example 1: Complete a research paper.
Example 2: Review and complete a summary from a research article.
- C. Other Assignments
- D.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Briere, J.N. & Scott, C.
Title: Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment
Publisher: Sage Publications, Inc
Date of Publication: 2014
Edition: 2nd Edition

Book #2:

Author: Ven Der Kolk, B
Title: The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
Publisher: Penguin Publishing Group
Date of Publication: 2015

Edition:
Book #3:
Author: Shapiro, R.
Title: The Trauma Treatment Handbook: Protocols Across the Spectrum
(Norton Professional Books
Publisher: W. W. Norton & Company
Date of Publication: 2010
Edition: 1st Edition

B. Other required materials/supplies.

- TIP 57: Trauma-Informed Care in Behavioral Health Services. Publication ID SMA14-4816
<https://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-Health-Services/SMA14-4816>

Trauma-Informed Care ? Implementation Resource Center
<https://www.traumainformedcare.chcs.org/resources-for-becoming-trauma-informed/>

The National Child Traumatic Stress Network <https://www.nctsn.org/trauma-informed-care>