



CHRISTIAN HERITAGE COLLEGE

CO386

TRAUMA COUNSELLING

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

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| Unit code | CO386 | | | | | | | | |
| Unit name | Trauma Counselling | | | | | | | | |
| Associated higher education awards | Bachelor of Counselling | | | | | | | | |
| Duration | One semester | | | | | | | | |
| Level | Advanced | | | | | | | | |
| Core/elective | Elective | | | | | | | | |
| Weighting | Unit credit points: 10 Course credit points: 240 | | | | | | | | |
| Delivery mode | Face-to-face on site | | | | | | | | |
| Student workload | <p><i>Face-to-face on site</i></p> <table> <tr> <td>Contact hours</td> <td>35 hours</td> </tr> <tr> <td>Reading, study, and preparation</td> <td>55 hours</td> </tr> <tr> <td>Assignment preparation</td> <td>60 hours</td> </tr> <tr> <td>TOTAL</td> <td>150 hours</td> </tr> </table> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p> | Contact hours | 35 hours | Reading, study, and preparation | 55 hours | Assignment preparation | 60 hours | TOTAL | 150 hours |
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| Assignment preparation | 60 hours | | | | | | | | |
| TOTAL | 150 hours | | | | | | | | |
| Prerequisites/ co-requisites/ restrictions | <p><i>Prerequisites</i></p> <p>60 credit points of Introductory Social Sciences units <i>including</i></p> <p>CO213 Introduction to Mental Health CO214 Foundational Processes and Strategies in Counselling</p> | | | | | | | | |
| Rationale | <p>Assisting those affected by trauma is a major component of contemporary counselling practice. This unit is significant, therefore, as it addresses the complex issues of trauma that prevail in today's society and are likely to be encountered by counselling practitioners during their practice. Furthermore, the advances in neuroscience are transforming the understanding and treatment of trauma, therefore the theory and counselling interventions that are presented in this unit will be strongly grounded in this knowledge.</p> <p>This unit is designed to prepare students with knowledge, understanding, and skills to work within the context of ethical and Christian worldview perspectives with clients who have experienced trauma in their lives. As vicarious traumatisation is always an issue in this type of counselling, strategies for self-care will also be explored.</p> | | | | | | | | |
| Prescribed text(s) | <p>Briere, J., & Scott, C. (2015). <i>Principles of trauma therapy: A guide to symptoms, evaluation and treatment</i> (2nd ed.). London, UK: Sage.</p> <p>van der Kolk, B. (2014). <i>The body keeps the score: Brain, mind and body in the healing of trauma</i>. New York, NY: Viking.</p> | | | | | | | | |

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| <p>Recommended readings</p> | <p>Books</p> <p>Boon, S., Steele, K., & van de Hart, O. (2011). <i>Coping with trauma-related dissociation: Skills training for patients and therapists</i>. New York, NY: Norton.</p> <p>Levine, P. (2012). <i>In an unspoken voice: How the body releases trauma and restores goodness</i>. Berkeley, CA: North Atlantic Books.</p> <p>Malchiodi, C. (Ed). (2015). <i>Creative interventions with traumatized children</i> (2nd ed.). New York, NY: Guilford Press.</p> <p>Ogden, P., & Fisher, J. (2014). <i>Sensorimotor psychotherapy: Interventions for trauma and attachment</i>. New York, NY: Norton.</p> <p>Porges, S. (2011). <i>The polyvagal theory: Neurophysiological foundations of emotions, attachment, communication, self-regulation</i>. New York, NY: Norton.</p> <p>Skovholt, T. & Trotter-Mathison, M. (2016). <i>The resilient practitioner: Burnout and compassion fatigue prevention and self-care strategies for the helping professions</i> (3rd ed.). New York, NY: Routledge.</p> <p>Wilson, J., & Lindy, J. (2013). <i>Trauma and culture and metaphor: Pathways of transformation and integration</i>. New York, NY: Routledge.</p> <p>Wright, H. N. (2011). <i>The complete guide to crisis and trauma counselling</i>. Minneapolis, MN: Bethany House.</p> <p>Journals</p> <p><i>Journal of Psychology and Theology</i></p> <p><i>Journal of Psychological Trauma</i></p> <p><i>Journal of Child Sexual Abuse</i></p> <p><i>Child Abuse and Neglect: The International Journal</i></p> <p><i>Journal of Counseling and Development</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at http://www.biblegateway.com. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p> |
| <p>Specialist resource requirements</p> | <p>Nil</p> |
| <p>Content</p> | <ol style="list-style-type: none"> 1. Defining trauma within a Christian worldview paradigm 2. Brain development and the neurological effects of trauma 3. A bio-psycho-social-spiritual model of conceptualising trauma 4. Responding to one-off traumatic events 5. Family violence 6. Childhood abuse and neglect 7. Sexual assault 8. PTSD and complex trauma 9. Trauma therapy Interventions I - Establishing safety and stability 10. Trauma therapy Interventions II - Trauma processing 11. Trauma therapy Interventions III - Reintegration and reconnection 12. Working with traumatised children 13. Ethical and legal issues; vicarious traumatisation and self-care for the counsellor |

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| Learning outcomes | <p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> 1. identified the typical types of trauma and explored its impact on individuals and communities, including communities of faith; 2. analysed and evaluated the dynamics and effects of traumatic experiences on the individual from a range of perspectives including psychological, neurobiological and Christian; 3. reflected on their own experiences of trauma and the influence that has on their personal counselling practice; 4. considered the implications of traumatic experiences from a number of perspectives including ethical, legal, and cultural lenses; 5. examined contemporary approaches to trauma treatment and demonstrated appropriate counselling strategies for working with clients who have experienced trauma; 6. analysed the concept of vicarious traumatisation and examined various self-care strategies for the counselling practitioner; and 7. communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation. |
| Assessment tasks | <p>Task 1: Journal of Personal Reflections</p> <p>Write three personal reflections on topics of your choice (list to be provided).</p> <p>Word Length/Duration: 1,500 words (3 x 500 words)</p> <p>Weighting: 20%</p> <p>Learning Outcomes: 1-4, 7</p> <p>Assessed: Week 9</p> <p>Task 2: Research Essay</p> <p>Research one area or type of trauma. Include an overview of the topic, an explanation and critique of at least one major counselling approach used with people impacted by this issue.</p> <p>Word Length/Duration: 2,000 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-2, 4-5, 7</p> <p>Assessed: Week 12</p> <p>Task 3: Case Study Response and Video Recording</p> <p>Critically analyse a case study (to be provided). A video recording of 15-20 minutes is to be included that demonstrates one trauma-focused intervention described in the case study response.</p> <p>Word Length/Duration: 2,000 words (Essay); 15-20 minutes (Video)</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-7</p> <p>Assessed: Week 15</p> |
| Unit summary | <p>This unit prepares students with knowledge, understanding, and skills to work within the context of ethical and Christian worldview perspectives, with clients who have experienced trauma in their lives. The advances in neuroscience are particularly enhancing the understanding and treatment of trauma, therefore the theory and counselling interventions that are presented in this unit will be strongly grounded in this knowledge. As vicarious traumatisation is always an issue in this type of counselling, strategies for self-care will also be explored.</p> |