



CHRISTIAN HERITAGE COLLEGE

**TR540**

## **TRAUMA COUNSELLING: THEORETICAL FOUNDATIONS**

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.

<b>Unit code</b>	TR540														
<b>Unit name</b>	Trauma Counselling: Theoretical Foundations														
<b>Associated higher education awards</b>	Master of Counselling														
<b>Duration</b>	One semester														
<b>Level</b>	Postgraduate														
<b>Core/elective</b>	Elective														
<b>Weighting</b>	Unit credit points: 10 Course credit points: 160														
<b>Delivery mode</b>	Face-to-face on site External														
<b>Student workload</b>	<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><b>TOTAL</b></td> <td><b>150 hours</b></td> </tr> </table> <p><i>External</i></p> <table> <tr> <td>Engagement with study materials</td> <td>90 hours</td> </tr> <tr> <td>Assignment preparation</td> <td>60 hours</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>150 hours</b></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	<b>TOTAL</b>	<b>150 hours</b>	Engagement with study materials	90 hours	Assignment preparation	60 hours	<b>TOTAL</b>	<b>150 hours</b>
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<b>TOTAL</b>	<b>150 hours</b>														
<b>Prerequisites/ co-requisites/ restrictions</b>	Nil														
<b>Rationale</b>	<p>Trauma is all around us and, with the 24-hour news cycle, we are perhaps more aware of it than ever before. Trauma is identified in survivors of war, returning soldiers, refugees, and those who have been tortured for their beliefs or lifestyle; however, there is also the often hidden trauma suffered by those who experience family violence, sexual assault, childhood abuse and neglect. Many of these clients seek counselling years later with other presenting issues; however, these are often symptoms of the underlying issue, the hidden unresolved trauma.</p> <p>This unit focuses on preparing students with the knowledge, understanding and skills to work with clients who are experiencing difficulties from unresolved trauma in their past. It aims to establish a theoretical framework and develop a solid understanding of the neuroscience of traumatic response, based on the latest research.</p> <p>This unit will also enable students to define trauma, types of trauma, and identify traumatic responses in themselves and others. Students will also have the opportunity to begin to synthesise their theoretical knowledge and Christian worldview perspectives into a practice framework.</p>														

<b>Prescribed text(s)</b>	<p>Langberg, D. (2015). <i>Suffering and the heart of God: How trauma destroys and Christ restores</i>. Greensboro, NC: New Growth Press.</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: Penguin.</p>
<b>Recommended readings</b>	<p><b>Books</b></p> <p>Bremner, J. D. (2012). <i>Does stress damage the brain: Understanding trauma-related disorders from a mind-body perspective</i>. New York, NY: Norton.</p> <p>Courtois, C. (2014). <i>It's not you, it's what happened to you: Complex trauma and treatment</i> [Kindle edition]. Dublin, OH: Telemachus Press.</p> <p>Herman, J. (2015). <i>Trauma and recovery: The aftermath of violence—from domestic violence to political terror</i>. New York, NY: Basic Books.</p> <p>Jones, S. (2009). <i>Trauma and grace: Theology in a ruptured world</i>. Louisville, KY: Westminster John Knox Press.</p> <p>Levers, L. (Ed.). (2012). <i>Trauma counselling: Theories and interventions</i>. New York, NY: Springer.</p> <p>Porges, S. (2011). <i>Polyvagal theory: Neurophysiological foundations of emotions, attachment, communication, self-regulation</i>. New York, NY: Norton.</p> <p>Rambo, S., &amp; Keller, C. (2010). <i>Spirit and trauma: A theology of remaining</i>. Louisville, KY: Westminster John Knox Press.</p> <p>Sieff, D. (Ed.). (2015). <i>Understanding and healing emotional trauma: Conversations with pioneering clinicians and researchers</i>. New York, NY: Routledge.</p> <p>Siegel, D. (2012). <i>The developing mind: How relationships and the brain interact to shape who we are</i> (2nd ed.). New York, NY: Guilford.</p> <p>Wright, H. N. (2011). <i>The complete guide to crisis and trauma counselling</i>. Minneapolis, MN: Bethany House.</p> <p><b>Journals and Periodicals</b></p> <p><i>Developmental Neurobiology</i></p> <p><i>Journal of Child Sexual Abuse</i></p> <p><i>Journal of Interpersonal Violence</i></p> <p><i>Journal of Neuroscience</i></p> <p><i>Journal of Psychology and Theology</i></p> <p><i>Sexual Abuse: A Journal of Research and Treatment</i></p> <p><i>Traumatology</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 <a href="http://www.biblegateway.com">http://www.biblegateway.com</a>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
<b>Specialist resource requirements</b>	Nil

<b>Content</b>	<ol style="list-style-type: none"> <li>1. Defining trauma and traumatic events</li> <li>2. Trauma theory and types of trauma</li> <li>3. Trauma and the family system</li> <li>4. Neurobiology of the developing brain</li> <li>5. The neurobiology of trauma</li> <li>6. The impact of early trauma on the brain</li> <li>7. Neurobiology of attachment and traumatic attachment</li> <li>8. Neural integration as the goal of therapy</li> <li>9. Developing a bio-psycho-socio-spiritual framework for conceptualising trauma</li> <li>10. Post-Traumatic Stress Disorder</li> <li>11. Complex trauma</li> </ol>
<b>Learning outcomes</b>	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> <li>1. developed an advanced theoretical knowledge of different types of trauma and traumatic responses;</li> <li>2. critically analysed the neurological basis of traumatic response;</li> <li>3. developed the capacity to identify traumatic responses in themselves and others;</li> <li>4. critically analysed the prevalence and impact of childhood trauma-related disorders;</li> <li>5. critically reflected on Christian worldview perspectives of trauma and traumatic events;</li> <li>6. synthesised knowledge and understanding of trauma, trauma-related disorders, and neurobiology; and</li> <li>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.</li> </ol>
<b>Assessment tasks</b>	<p><b>Task 1: Media presentation</b></p> <p>Research two childhood trauma-related disorders, investigating the prevalence of these disorders in the Australian population. Develop your key findings into a 20 minute media presentation.</p> <p>Word Length/Duration: Essay - 2,500 words; Presentation - 20 minutes</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1, 2, 4-5, 7</p> <p>Assessed: Week 9</p> <p><b>Task 2: Reflective journal</b></p> <p>With an expectation of confidentiality, and respecting the anonymity of others, contribute to forum discussions</p> <p>Word Length/Duration: 1,500 words</p> <p>Weighting: 20%</p> <p>Learning Outcomes: 1-3, 5-7</p> <p>Assessed: Weeks 1-11</p> <p><b>Task 3: Concept map</b></p> <p>Devise a concept map of your framework for conceptualising trauma and trauma-related disorders.</p> <p>Word Length/Duration: 2,000 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-3, 5-7</p> <p>Assessed: Week 15</p>

<b>Unit summary</b>	This unit establishes the theoretical framework on which this set of units is built, and provides students with a solid understanding of the neuroscience of traumatic response, based on the latest research. Students will be given the knowledge to define trauma, types of trauma, and identify traumatic responses in themselves and others. Students will also have the opportunity to begin to synthesise their theoretical knowledge and Christian worldview perspectives into a practice framework.
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