



CHRISTIAN HERITAGE COLLEGE

**TR541**

## **TRAUMA COUNSELLING: INTERVENTION FRAMEWORKS**

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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| <b>Unit code</b>                                  | TR541   |
| <b>Unit name</b>                                  | Trauma Counselling: Intervention Frameworks   |
| <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<br>Course credit points: 160   |
| <b>Delivery mode</b>                              | Face-to-face on site  |
| <b>Student workload</b>                           | <p><i>Face-to-face on site</i></p> <p>Contact hours 35 hours<br/>Reading, study, and preparation 55 hours<br/>Assignment preparation 60 hours<br/><b>TOTAL 150 hours</b></p> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>   |
| <b>Prerequisites/ co-requisites/ restrictions</b> | <p><i>Prerequisite or co-requisite</i></p> <p>TR540 Trauma Counselling: Theoretical Foundations</p>   |
| <b>Rationale</b>                                  | <p>To be able to counsel those who have been affected by trauma, counsellors not only need to understand the nature of trauma and traumatic response, but also specialised skills and strategies are required to work with this particular client group. In this unit, students will be introduced to skills and interventions developed from contemporary and relevant approaches to working with unresolved trauma in order to establish a framework for intervention. The primacy of the therapeutic relationship is also emphasised, and students will have the opportunity to reflect on their use of self in trauma counselling.</p> <p>Students will evaluate the outcomes of trauma work from a variety of perspectives, including a distinctly Christian worldview, cultural perspectives, ethical and best-practice positions. As part of a holistic framework for intervention, students will also be encouraged to explore the opportunities for developing communities of care for people recovering from unresolved trauma.</p> |
| <b>Prescribed text(s)</b>                         | <p>Briere, J., &amp; Scott, C. (2015). <i>Principles of trauma therapy: A guide to symptoms, evaluation and treatment</i> (2nd ed.). Los Angeles, CA: Sage.</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>  |

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| <p><b>Recommended readings</b></p>             | <p><b>Books</b></p> <p>Courtois, C. (2014). <i>It's not you, it's what happened to you</i> [Kindle ebook]. Telemachus Press.</p> <p>Frewen, P., &amp; Lanius, R. (2015). <i>Healing the traumatised self: Consciousness, neuroscience, treatment</i>. New York, NY: Norton.</p> <p>Levine, P. (2010). <i>In an unspoken voice: How the body releases trauma and restores goodness</i>. Berkeley, CA: North Atlantic Books.</p> <p>McMackin, R., Newman, E., Fogler, J., &amp; Keane, T. (Eds.). (2012). <i>Trauma therapy in context: The science and craft of evidence-based practice</i>. Washington, DC: APA.</p> <p>Ogden, P., &amp; Fisher, J. (2015). <i>Sensorimotor psychotherapy: Interventions for trauma and attachment</i>. New York, NY: Norton.</p> <p>Rossouw, P. (2014). <i>Neuropsychotherapy: Theoretical underpinnings and clinical applications</i>. Brisbane, Australia: Mediros.</p> <p>Rothschild, B. (2010). <i>8 keys to safe trauma recovery: Take-charge strategies to empower your healing</i>. Los Angeles, CA: Norton.</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> <p>Walker, D., Courtois, C., &amp; Aten, J. (Eds.). (2015). <i>Spiritually oriented psychotherapy for trauma</i>. New York, NY: Norton.</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 <i>The Holy Bible: The New International Version 2011 (NIV 2011)</i> or <i>The Holy Bible: New King James Version (NKJV)</i>.</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> |
| <p><b>Specialist resource requirements</b></p> | <p>Digital recording device</p>  |

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| <p><b>Content</b></p>           | <ol style="list-style-type: none"> <li>1. A holistic framework for working with trauma</li> <li>2. Assessing unresolved trauma</li> <li>3. Phase-oriented trauma treatment</li> <li>4. The therapeutic relationship and use of self in trauma counselling</li> <li>5. Phase one treatment strategies: <ul style="list-style-type: none"> <li>- Establishing safety and trust; containment; grounding; safety plans</li> <li>- Emotional regulation</li> <li>- Psycho-education</li> </ul> </li> <li>6. Phase two treatment strategies: <ul style="list-style-type: none"> <li>- Body-focused approaches</li> <li>- Cognitive-behavioural approaches</li> <li>- Experiential approaches</li> </ul> </li> <li>7. Phase three – Integration and reconnection: <ul style="list-style-type: none"> <li>- Post-traumatic growth</li> <li>- Developing a community of care for the client</li> <li>- Cultural, legal, ethical and Christian worldview considerations in working with trauma</li> </ul> </li> </ol>                                |
| <p><b>Learning outcomes</b></p> | <p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> <li>1. applied a bio-psycho-socio-spiritual model to conceptualising, assessing and responding to unresolved trauma;</li> <li>2. developed and reflected on skills and strategies for counselling clients with unresolved trauma;</li> <li>3. critically examined the effectiveness of trauma interventions;</li> <li>4. reflected on the importance of the therapeutic relationship and their use of self in trauma counselling;</li> <li>5. explored community support networks for trauma survivors as part of working collaboratively;</li> <li>6. critically reflected on cultural, Christian worldview, legal and ethical issues relevant to trauma counselling; 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> |
| <p><b>Assessment tasks</b></p>  | <p><b>Task 1: Engagement in class discussion and activities</b></p> <p>Participate in class discussions and activities throughout the semester, demonstrating engagement with the course materials.</p> <p>Word Length/Duration: N/A</p> <p>Weighting: 10%</p> <p>Learning Outcomes: 1,2, 4, 5</p> <p>Assessed: Weeks 1-13</p> <p><b>Task 2: Video and process report</b></p> <p>Record a counselling session demonstrating your use of selected trauma techniques and prepare a process report.</p> <p>Word Length/Duration: Video - 30 minutes; Process Report - 2,000 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-4, 6, 7</p> <p>Assessed: Week 9</p>   |

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|                            | <p><b>Task 3: Case study presentation</b></p> <p>Analyse a case study, including the types of support available for the client. The case study is to be presented to the class.</p> <p>Word Length/Duration: 45 minutes</p> <p>Weighting: 50%</p> <p>Learning Outcomes: 1-7</p> <p>Assessed: Week 15</p>   |
| <p><b>Unit summary</b></p> | <p>Students will be introduced to skills and interventions developed from the most current and relevant approaches to working with unresolved trauma in order to establish a framework for intervention. Students will evaluate the outcomes of trauma work from a variety of perspectives, including a distinctly Christian worldview, various cultural perspectives, and relevant ethical and best-practice positions. The use of self, and communities of care will also be explored.</p> |

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