

CPSY 590
PTSD ASSESSMENT AND TREATMENT

Syllabus & Schedule—Fall, 2009

I. INSTRUCTOR:

Suzanne Best, Ph.D.

e-mail: sbest@lclark.edu **Phone:** 503•306•2965

II. CREDIT HOURS: 1

III. BRIEF COURSE DESCRIPTION

Students will develop a foundation for assessing and treating post-trauma reactions in adults. We will begin by discussing the diagnostic definition of traumatic events and the assessment of trauma history. Next we will review the various measures of PTSD and learn to conduct a PTSD assessment interview. Finally, we will discuss the theoretical basis and practice techniques of evidence-based treatments for PTSD

IV. READINGS

Required Text

Folette, VM & Ruzek, JI (Eds.). (2nd Ed.). (2006). *Cognitive-Behavioral therapies for trauma*. New York, NY: Guilford Press.

Additional Readings and Resources

Relevant articles and resource links will be posted on Moodle

Additional Materials (Handouts)

Clinician Administered PTSD Scale (CAPS) and accompanying materials
Life Stressor Checklist (LSC)

V. COURSE REQUIREMENTS

Students are expected to attend class, complete readings, participate in discussions, and complete writing assignments. Trainings in assessment and specific intervention techniques will require role playing, which may at times be conducted in front of the class. Because this class meets only five times, grades may be lowered if there is more than one absence.

VI. COURSE SCHEDULE

Assessment

9/15/09: Understanding and Assessing Trauma History

Before class reading: Weathers, FW & Keane, TM (2007). The Criterion A problem revisited: Controversies and challenges in defining and measuring psychological trauma. *Journal of Traumatic Stress, Vol. 20(2), pp. 107-121.*

Step 1: Diagnosing Trauma. Overview and discussion of PTSD Criterion A and measures designed to assess lifetime trauma history

9/22/09: Understanding and Assessing PTSD

Before class reading: Chapter 3 in CBT for Trauma

Step 2: Diagnosing PTSD. Overview of PTSD self-report measures and training on design and administration of the Clinician Administered PTSD Scale (CAPS).

Assignment

Select a specific trauma population and write a 2-4 pg. paper on the issues and challenges of assessing PTSD in these survivors. This paper must address the following areas:

- 1- How each major symptom cluster might be expressed in this population
- 2- PTSD symptoms or comorbidities that could pose challenges to assessment and diagnosis
- 3- Tools you might use to overcome these challenges

Treatment

9/29/09: Early Interventions

Before class reading: Chapter 17 in CBT for Trauma

Due: Paper- Assessing PTSD in specific trauma population

Discussion of acute stress reactions. Review and practice of early intervention techniques for treating acute stress and preventing PTSD.

10/6/09: Exposure-based Treatments for PTSD

Before class reading: Chapter 4 in CBT for Trauma

Discussion of theoretical foundations of exposure therapies. Review and practice of exposure-based techniques.

10/13/09: Cognitive Therapy for PTSD

Before class reading: Chapter 5 in CBT for Trauma

Discussion of the impact of trauma on core beliefs. Review and practice of cognitive processing techniques for working with guilt, shame, and grief.

Assignment (Due 10/23)

Select a specific treatment and write a 2-4 pg. paper discussing its rationale and fundamental techniques. This paper must also address the following areas:

- 1- Who might benefit most from this type of treatment (client characteristics)
- 2- How you as a therapist might concisely describe this treatment to such a client