

CPSY 590-02 Trauma Psychology in Clinical Practice

Syllabus & Schedule—Fall, 2010

I. INSTRUCTOR:

Suzanne Best, Ph.D.

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

II. CREDIT HOURS: 3

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. OBJECTIVES

- 1- Understand and describe the breath of traumatic events and variety of victim populations
- 2- Assess trauma history and discriminate between stressful and traumatic events
- 3- Describe and assess PTSD symptomatology and comorbidities
- 4- Provide psychoeducation and basic anxiety management strategies to recently traumatized clients
- 5- Understand and discuss various evidence-based treatments for PTSD
- 6- Develop an In vivo exposure hierarchy and implement in vivo treatment
- 7- Provide psychoeducation and rationale for exposure therapy
- 8- Self-assess for vicarious traumatization and utilize self care strategies

V. READINGS

Required Text

Herman, Judith (1997). *Trauma and Recovery. The Aftermath of Violence from Domestic Abuse to Political Terror.*

Zayfert, Claudia & Black Becker, Carolyn (2007). *Cognitive-Behavioral Therapy for PTSD: A Case Formulation Approach (Guides to Individualized Evidence-Based Treatment)*

Additional Readings and Resources

Relevant articles and resource links will be posted on *Moodle*, accessible on-line through the library, or provided in class

VI. COURSE REQUIREMENTS

Students are expected to attend class, complete readings, participate in discussions, complete writing assignments, and conduct in-class role playing. Trainings in assessment and specific intervention techniques will require role playing, which may at times be conducted in front of the class.

VII. GRADING

Class Participation= 50%
Written Assignment= 25%
In-class Assignment= 25%

VIII. COURSE SCHEDULE

I- Introduction

9/08/10: Introduction- What is trauma?

Topic: Overview and discussion of psychological trauma and victim populations

Before class reading:

Herman, Judith (1997). Trauma and Recovery. The Aftermath of Violence from Domestic Abuse to Political Terror. *Chapter 1*

II- Diagnoses and Assessment of PTSD

9/15/10: Assessing Trauma

Topic: PTSD Criterion A (DSM-IV) and measures designed to assess lifetime trauma history

Before class readings:

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.*

Assessment instruments distributed in class

9/22/10: What is PTSD?

Topic: PTSD Symptom Clusters, Development, and Course

Before Class Readings:

Resick, P & Miller, M (2009). Posttraumatic Stress Disorder: Anxiety or Traumatic Stress Disorder? *Journal of Traumatic Stress, Vol. 22(5), pp. 384-390.*

9/29/10: Diagnosing PTSD

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

Before Class Reading

Zayfert, Claudia & Black Becker, Carolyn (2007). Cognitive-Behavioral Therapy for PTSD: A Case Formulation Approach, *Chapter 3*.

Assessment instruments to be distributed in class

10/06/10: PTSD: A Complex Disorder

Topic: Complex PTSD, Comorbidities, and Barriers to Treatment

Before Class Reading:

Cloitre, M, et al. (2009). A Developmental Approach to Complex PTSD: Childhood and Adult Cumulative Trauma as Predictors of Symptom Complexity

Herman, Judith (1997). Trauma and Recovery. The Aftermath of Violence from Domestic Abuse to Political Terror. *Chapter 6*

Assignment 1(Due 10/20):

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

III- Treatment

10/13/10: Early Interventions

Topic: Acute stress reactions. Review and practice of early intervention techniques for treating acute stress and preventing PTSD.

Before Class Reading:

Groopman, Jerome (2004). The Grief Industry: How much does crisis counseling help- or hurt? *The New Yorker*, Jan. 26, 2004.

Zayfert, Claudia & Black Becker, Carolyn (2007). Cognitive-Behavioral Therapy for PTSD: A Case Formulation Approach, *Chapter 5*.

10/20/10: DBT and Group Interventions

Due: Assignment 1

Topics: Working with Multiply Traumatized Populations; Efficacy and Implementation of DBT and Group Interventions

Guest Lecturer: Adam Furchner, Ph.D.

Before Class Reading:

Zayfert, Claudia & Black Becker, Carolyn (2007). Cognitive-Behavioral Therapy for PTSD: A Case Formulation Approach, *Chapter 9*, pp. 203-205.

10/27/10: Traumatic Grief

Topic: Impact and treatment of sudden loss

Guest Lecturer: Ruben Garcia, M.A.

Before Class Reading:

Shear, K. Traumatic Grief Treatment Manual.

11/03/10: Cognitive Behavioral Therapy for PTSD

Topics: Behavioral Activation, Motivational Enhancement, Mindfulness, Symptom Management, and Core beliefs

Before Class Reading:

Zayfert, Claudia & Black Becker, Carolyn (2007). Cognitive-Behavioral Therapy for PTSD: A Case Formulation Approach, *Chapters 1*, pp. 1-3; *Chapter 2*; *Chapter 9*, pp. 205 – 222.

Holmes, Grey, & Young (2005). Intrusive Images and Hotspots of trauma memories in PTSD: An exploratory investigation of emotions and cognitive themes. *Journal of Behavior Therapy and Experimental Psychiatry* (36), pp. 3-17.

11/10/10: Biological Basis and Psychopharmacology of PTSD

Topic: Impact of trauma and PTSD on hormonal function and brain structures; pharmacological treatment of PTSD and associated disorders

Guest Lecturer: Alex Burt, M.D.

Before Class Reading:

Arditi-Babchuck, Feldman, & Gilboa-Schechtman (2009). Parasympathetic Reactivity to Recalled Traumatic and Pleasant Events in Trauma-Exposed Individuals. *Journal of Traumatic Stress*, 22(3), pp. 254-257.

National Center for PTSD On-line: Clinician's Guide to Medications for PTSD and Pharmacological Treatment for Acute Stress Reactions: A neurobiological systems approach.

<http://www.ptsd.va.gov/professional/pages/clinicians-guide-to-medications-for-ptsd.asp>

<http://www.ptsd.va.gov/professional/pages/pharmacological-treatment-acute-stress.asp>

11/17/10: ACT for PTSD

Topic: Introduction to Acceptance and Commitment Therapy (ACT) and the ACT model of PTSD treatment

Guest Lecturer: Brian Thompson, Ph.D.

Before Class Reading:
TBA

11/24/10: Thanksgiving Break

12/01/10: Exposure-based Treatments for PTSD

Topic: Theoretical foundations of exposure therapies. Review and practice of exposure-based techniques- In vivo exposure treatments

Before Class Reading:

Zayfert, Claudia & Black Becker, Carolyn (2007). Cognitive-Behavioral Therapy for PTSD: A Case Formulation Approach, *Chapter 1, pp. 4-8; Chapter 6.*

12/08/10: Exposure-based Treatments for PTSD (part 2)

Topic: Review and practice of exposure-based techniques- Imaginal exposure treatments and cognitive restructuring

Before Class Reading:

Zayfert, Claudia & Black Becker, Carolyn (2007). Cognitive-Behavioral Therapy for PTSD: A Case Formulation Approach, *Chapters 7 & 8.*

In-Class Final:

Role-play providing psychoeducation of PTSD and rationale for exposure treatment

12/15/10: Vicarious Traumatization, Compassion Fatigue and Posttraumatic Growth

Topic: Secondary effects of bearing witness to trauma and caring for PTSD sufferers; Posttraumatic Growth

Before Class Reading:

McCann & Pearlman (2006). Vicarious Traumatization: A framework for understanding the psychological effects of working with victims. *Journal of Traumatic Stress, Vol. 3(1), pp. 131-149.*

Tedeschi & Calhoun (1996). The Posttraumatic Growth Inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress, Vol. 9(3), pp. 455-471.*