CPSY 590-02 Trauma Psychology in Clinical Practice

Syllabus & Schedule—Fall, 2010

I. INSTRUCTOR:
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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:

Assessment instruments distributed in class

9/22/10: What is PTSD?
Topic: PTSD Symptom Clusters, Development, and Course

Before Class Readings:

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


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:


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:


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:


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:


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:


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:

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:

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: