

**DEREE COLLEGE SYLLABUS FOR:
PS 4662 TRAUMA AND RESILIENCE**

3/0/3

(Previously PS 4762)
(Updated Fall 2023)

**UK LEVEL 6
UK CREDITS: 15**

PREREQUISITES:

PS 1000 Introduction to Psychology as a Natural Science – L4
PS 1001 Introduction to Psychology as a Social Science – L4
PS 2010 History and Systems of Psychology – L4
PS 2257 Diversity and Social Interaction – L4
PS 2260 Psychologists as Researchers – L4
PS 3512 Personality Psychology and Individual Differences – L5

CATALOG DESCRIPTION:

Theories and definition of psychological trauma and related disorders, types of trauma and prevalence, post-traumatic growth, resilience, and ethical considerations related to treating trauma survivors.

RATIONALE:

This module introduces students to the basic concepts of trauma, the neurobiology of trauma, the different types of trauma, as well as post-traumatic growth and resilience. This module is intended for advanced psychology majors who are interested in pursuing graduate studies in the field of clinical/counselling psychology.

LEARNING OUTCOMES:

Upon completion of this module, the student should be able to:

1. Define trauma and identify different types of trauma.
2. Critically discuss varied trauma reactions and impact, including the affective, cognitive, biological, spiritual, and interpersonal sequelae.
3. Critically evaluate the intersecting roles of race, class, gender, and power in the context within which trauma occurs.
4. Discuss resilience and growth-fostering, as well as protective factors in the coping and processing of traumatic experiences and events.

METHOD OF TEACHING AND LEARNING:

In line with the teaching and learning strategy of the college, the following tools are used:

- Office hours
- Use of Blackboard Site
- Lectures
- Class experiential activities and group discussions

ASSESSMENT:

Summative:

1st assessment: Examination Essay questions	40%
Second assessment: Application Assignments	10%

	<table border="1" data-bbox="565 113 1300 218"> <tr> <td data-bbox="565 113 1182 218"> Final assessment: Critical Review Paper Students will write a critical review paper on discussed themes </td> <td data-bbox="1182 113 1300 218"> 60% </td> </tr> </table> <p>The 1st assessment tests the Learning Outcomes 1,2. The 2nd assessment tests Learning Outcomes 1,2,3,4. The final assessment tests Learning Outcomes 1,2,3,4.</p> <p>The final grade for this module will be determined by averaging all summative (major) assessment grades, based on predetermined weights for each assessment. If students pass the comprehensive assessment that tests all Learning Outcomes for this module and the average grade for the module is above 40, students are not required to resit any failed assessments.</p>	Final assessment: Critical Review Paper Students will write a critical review paper on discussed themes	60%
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INDICATIVE READING:	REQUIRED READING: <p>Journal articles provided by the instructor covering different topics on the psychology of trauma and resilience theory and application.</p> RECOMMENDED READING: <p>Alisic, E., Zalta, A. K., Van Wesel, F., Larsen, S. E., Hafstad, G. S., Hassanpour, K., & Smid, G. E. (2014). Rates of post-traumatic stress disorder in trauma-exposed children and adolescents: meta-analysis. <i>The British Journal of Psychiatry</i>, 204(5), 335-340.</p> <p>Bonnano, G. A., Galea, S., Bucchiarelli, A., & Vhalov, D. (2007). What predicts psychological resilience after disaster? The role of demographics, resources and life stress. <i>Journal of Consulting and Clinical Psychology</i>, 75(5), 671-682.</p> <p>De Bellis, M. D. (2002). Developmental traumatology: a contributory mechanism for alcohol and substance use disorders. <i>Psychoneuroendocrinology</i>, 27(1), 155-170.</p> <p>Dekel, R., & Goldblatt, H. (2008). Is there intergenerational transmission of trauma? The case of combat veterans' children. <i>American Journal of Orthopsychiatry</i>, 78(3), 281-289.</p> <p>Ehrensaft, M. K., Cohen, P., Brown, J., Smailes, E., Chen, H., & Johnson, J. G. (2003). Intergenerational transmission of partner violence: A 20-year prospective study. <i>Journal of Consulting and Clinical Psychology</i>, 71(4), 741–753.</p> <p>Flanagan, N., Travers, A., Vallières, F., Hansen, M., Halpin, R., Sheaf, G., ... & Johnsen, A. T. (2020). Crossing borders: a systematic review identifying potential mechanisms of intergenerational trauma transmission in asylum-seeking and refugee families. <i>European Journal of Psychotraumatology</i>, 11(1), 1790283.</p> <p>Galatzer-Levy, I. R., Huang, S. H., & Bonanno, G. A. (2018). Trajectories of resilience and dysfunction following potential</p>		

trauma: A review and statistical evaluation. *Clinical Psychology Review*, 63, 41-55.

Gleeson, C., Frost, R., Sherwood, L., Shevlin, M., Hyland, P., Halpin, R., ... & Silove, D. (2020). Post-migration factors and mental health outcomes in asylum-seeking and refugee populations: a systematic review. *European Journal of Psychotraumatology*, 11(1), 1793567.

Hamburger, A. (2020). *Trauma, trust, and memory: Social trauma and reconciliation in psychoanalysis, psychotherapy, and cultural memory*. Routledge.

Hartmann, W. E., Wendt, D. C., Burrage, R. L., Pomerville, A., & Gone, J. P. (2019). American Indian historical trauma: Anticolonial prescriptions for healing, resilience, and survivance. *American Psychologist*, 74(1), 6.

Heart, M. Y. H. B. (2003). The historical trauma response among natives and its relationship with substance abuse: A Lakota illustration. *Journal of psychoactive drugs*, 35(1), 7-13.

Hulbert, J. C., & Anderson, M. C. (2018). What doesn't kill you makes you stronger: Psychological trauma and its relationship to enhanced memory control. *Journal of Experimental Psychology: General*, 147(12), 1931.

Hynes, H. P. (2004, November). On the battlefield of women's bodies: An overview of the harm of war to women. In *Women's Studies International Forum*, 27(5-6), 431-445. Pergamon.

Koso-Drljević, M., & Husremović, D. (2020). Neurobiology of memory in trauma survivors. In *Social Trauma—An Interdisciplinary Textbook* (pp. 183-189). Springer, Cham.

Kuhn, E., & Owen, J. E. (2020). Advances in PTSD treatment delivery: the role of digital technology in PTSD treatment. *Current Treatment Options in Psychiatry*, 7(2), 88-102.

Liu, W. M., Liu, R. Z., Garrison, Y. L., Kim, J. Y. C., Chan, L., Ho, Y., & Yeung, C. W. (2019). Racial trauma, microaggressions, and becoming racially innocuous: The role of acculturation and White supremacist ideology. *American Psychologist*, 74(1), 143.

MacMillan, H.L., et al. (2009). Cortisol response to stress in female youths exposed to childhood maltreatment: Results of the youth mood project. *Biological Psychiatry*, 66, 62- 68.

Okorn, I., Jahović, S., Dobranić-Posavec, M., Mladenović, J., & Glasnović, A. (2020). Isolation in the COVID-19 pandemic as re-traumatization of war experiences. *Croatian Medical Journal*, 61(4), 371.

Rowland-Klien, D. (2004). The transmission of trauma across generations: Identification with parental trauma in children of

	<p>holocaust survivors. In Catherall D. R. (Ed.) <i>Handbook of Stress, Trauma and the Family</i>. (pp. 117-138) New York: Bruner-Routledge.</p> <p>Seaton, E. K., & Iida, M. (2019). Racial discrimination and racial identity: Daily moderation among Black youth. <i>American Psychologist</i>, 74(1), 117.</p> <p>Sibrava, N. J., Bjornsson, A. S., Pérez Benítez, A. C. I., Moitra, E., Weisberg, R. B., & Keller, M. B. (2019). Posttraumatic stress disorder in African American and Latinx adults: Clinical course and the role of racial and ethnic discrimination. <i>American Psychologist</i>, 74(1), 101.</p> <p>Skewes, M. C., & Blume, A. W. (2019). Understanding the link between racial trauma and substance use among American Indians. <i>American Psychologist</i>, 74(1), 88.</p> <p>Spinazzola, J., Hodgdon, H., Liang, L. J., Ford, J. D., Layne, C. M., Pynoos, R., ... & Kisiel, C. (2014). Unseen wounds: The contribution of psychological maltreatment to child and adolescent mental health and risk outcomes. <i>Psychological Trauma: Theory, Research, Practice, and Policy</i>, 6(S1), S18.</p>
<p>INDICATIVE MATERIAL: (e.g. audiovisual, digital material, etc.)</p>	<p>REQUIRED MATERIAL: N/A</p> <p>RECOMMENDED MATERIAL: N/A</p>
<p>COMMUNICATION REQUIREMENTS:</p>	<p>Assignments and assessments submitted as Word documents. Academic use of English, both oral and written.</p>
<p>SOFTWARE REQUIREMENTS:</p>	<p>Blackboard, MS Office, search engines</p>
<p>WWW RESOURCES:</p>	<ul style="list-style-type: none"> • The National Center for PTSD: https://www.ptsd.va.gov/ • National Institute of Mental Health: https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml • American Psychiatric Association, Coping After Disaster: https://www.psychiatry.org/patients-families/coping-after-disaster-trauma • International Society for Traumatic Stress Studies: https://istss.org/home • The National Child Traumatic Stress Network: https://www.nctsn.org/ • Rape, Abuse, & Incest National Network: https://www.rainn.org/ • APA Guidelines & Resources: https://www.apa.org/ptsd-guideline/resources • PTSD Treatment Guides: http://www.trauma-pages.com/s/tx_guides.php List of PTSD Organizations &

	Resources: https://www.colleaga.org/article/list-ptsd-organizations-and-resources
INDICATIVE CONTENT:	<ol style="list-style-type: none">1. What is trauma? Physiology of trauma and trauma impact2. Trauma & Diverse populations3. Trauma impact and complex trauma and PTSD4. Intergenerational and racial trauma5. Trauma informed care6. Resilience building and preventative factors7. Post-traumatic growth8. Vicarious trauma and growth