

ASSEMBLIES OF GOD SEMINARY

PCPM 643/MCSM 639 Post-Traumatic Stress Disorder

June 18-29 (M-F)

6:00 – 10:00 p.m.

M. Christine Morgan, LPC

COURSE DESCRIPTION

This is an advanced level study of trauma and its individual and systemic ramifications. Emphasis will be placed on history, theory, best-practice treatment, technique and interventions of trauma treatment and recovery. Special emphasis will be placed on practical intervention skills and developing an effective therapeutic treatment approach. Cultural implications and existential issues will be of special interest.

OBJECTIVES

1. To identify and understand the symptoms of PTSD and other trauma induced disorders; and to make differential diagnosis between the different disorders in accordance with the DSM-IV-TR.
2. To demonstrate an understanding of the nature of trauma and its effects on the mind, body, and spiritual organization of the person.
3. To evaluate current treatment modalities and the effectiveness of each.
4. To obtain an understanding of the psychophysiology of trauma.
5. To explain the effects of trauma on development, memory and the immune system.
6. To formulate practical responses to assist victims within the context of a faith community.
7. To integrate spiritual and existential issues that surround traumatic events.
8. To summarize current treatment approaches into an integrative approach to trauma recovery.

METHODOLOGY

The course will be a combination of didactic instruction, class discussion, videos/DVDS, guest lectures, and experiential learning (i.e. role playing, modeling). Discussions of the text, journal readings, and in-class projects will be expected.

REQUIRED TEXTBOOK

Matsakis, A. (1996). **I Can't Get Over It: A handbook for trauma survivors.**
Oakland, CA: New Harbinger Publications, Inc.

RECOMMENDED BOOKS

- Kolski, T., Avriette, M., Jongsma, A. (2001). **The Crisis Counseling and Traumatic Events Treatment Planner**. New York: John Wiley & sons, Inc.
- **Diagnostic and Statistical Manual of Mental Disorders** (most current edition), American Psychiatric Association.

**Recommended for those who desire a more clinical and in-depth understanding of trauma:

- Rothschild, B. (2002). *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. New York: W. W. Norton & Company. (ISBN 0-393-70327-4).
- *Effective Treatments for PTSD: Practice Guidelines from the International Society for Traumatic Stress Studies*. (2000). Edited by Foa, El, Keane, T. & Friedman, M. New York: Guilford Press.
- Williams, B.B. (2002). *The PTSD Workbook*. Oakland, CA: New Harbinger Publications, Inc. (ISBN 1-57224-282-5).

COURSE REQUIREMENTS

- **Attendance and Participation:** Daily attendance and active participation in class discussions is encouraged. Class sessions provide opportunities to interact with theories and techniques. Modules, by design are compact and will cover new information each class session building throughout the course; therefore, it is important to attend all classes. Serious illness is grounds for an excused absence, as long as you notify the instructor that you are ill and will not be attending. *Unexcused* absences may result in the reduction of a letter grade. Three tardies count as one unexcused absence.

Students are expected to attend class prepared to discuss assigned text material, having read the material prior to class. A reading schedule will be distributed the first day of class.

- Prepare a **Treatment Plan** based on a fictional case study assigned by instructor. Plan to include:
 - Behavioral Definitions
 - Long-Term Goals
 - Short-Term Objectives
 - Therapeutic Interventions
 - Diagnostic Suggestions

Instruction regarding preparation of Treatment Plans will be reviewed in class.

TREATMENT PLAN DUE ON LAST DAY OF CLASS BY BEGINNING OF CLASS TIME.

- **Midterm exam**—(Last day of first week of two-week class format; exact date to be announced).
- **12-15 page paper(not including title page or reference list; APA style 5th edition) addressing choice of trauma theory, treatment, and population.** Please discuss paper direction with instructor prior to writing. Details regarding this assignment will be distributed and reviewed on the first day of class. **PAPER (Hard Copy) IS DUE FOUR WEEKS FROM LAST DAY OF CLASS (exact date and time to be announced).**
- **FINAL EXAMINATION**---A final exam will be given over the contents of the textbook, lecture notes, guest speakers and videos/DVDs. Professor reserves the right to give either an in-class final on the final day of class or a take-home final.

GRADING PROCEDURE

Grades will be based on a percentage earned of all points possible. *(Professor reserves the right to alter point/percentage totals if course work needs to be adjusted to accommodate class size or other variables.)*

NOTE: Assignments will be lowered one grade for each day past due date. Professor reserves the right to alter course requirements and grading procedures if deemed necessary.

SPECIFIC DATA

Prepared by M. Christine Morgan, LPC for Summer 2007