

1ASSEMBLIES OF GOD THEOLOGICAL SEMINARY

PCP/MCS 622 Post-Traumatic Stress Disorder

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COURSE SYLLABUS

“To study psychological trauma is to come face to face both with human vulnerability in the natural world and with the capacity for evil in human events.”

--Judith Herman, M.D.

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, lecture, Power Point presentations class discussion, videos/DVDS, guest lectures, and experiential learning (i.e. role playing, modeling). Discussion of the text, journal readings, and in-class projects will be expected.

REQUIRED TEXTBOOK

- Rothschild, B. (2002). **The Body Remembers: *The Psychophysiology of Trauma and Trauma Treatment***. New York: W. W. Norton & Company. (ISBN 0-393-70327-4).
- Rothschild, B. (2003). **The Body Remembers Casebook: *Unifying Methods and Models in the Treatment of Trauma and PTSD***. New York: W. W. Norton & Company. (ISBN 0-393-70400-9).

RECOMMENDED BOOKS

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

COURSE REQUIREMENTS

- *Prior to first day of class:*
 - Ponder quote by Herman at top of this syllabus
 - Read **Introduction** and **Chapter One** of The Body Remembers text
 - Read **Introduction** of The Body Remembers Casebook
 - Note: Do not skip the Introductions.
- **Attendance and Participation:** Daily attendance and active participation in class discussions is encouraged. Class sessions provide opportunities to interact with theories and techniques. Serious illness and extreme emergencies are grounds for an excused absence (please notify instructor in advance if possible). *Unexcused* absences may result in the reduction of a letter grade.

Chapel Thursday, March 13, 6:00 – 7:15 pm

- 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.
Due date to be announced.

- **Midterm Exam**
- **12-15 page paper (not including title page or reference list; APA style , current edition) addressing choice of trauma population, appropriate treatment, and related trauma theory.** Please discuss paper topic/direction with instructor prior to writing. Due date and details regarding this assignment will be distributed and reviewed on the first day of class.
- **FINAL EXAMINATION---**A comprehensive final exam will be given over the contents of the textbook, lecture notes, class discussion, Power Point presentations, guest speakers, hand outs, and videos/DVDS.

GRADING PROCEDURE

Assignments are due at the beginning of class on the due date. Bonus points will be awarded to students who turn in assignments on the due date. Except in cases of *extreme* emergency, late work will be downgraded. Final grades will be compiled from the accumulated work. Quality and timeliness of finished work will be considered in the compilation of the final grade. 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)*

PLEASE TAKE NOTE:

AGTS building will be closed on Monday, January 21, for Martin Luther King Day. Also, there will be no classes on Thursday, January 24, for Day of Renewal. The Spring *Study* Break is Feb. 25 – 29.

- ***Please turn off cell phones before the beginning of class.** Leaving class to answer a call disrupts class and distracts from classroom participation. Please do not talk on the phone during class.*
- ***Please show respect for instructor and classmates and refrain from in-class conversations during lecture, videos, when others have the floor.***
- ***Responsible participation in class is expected; monopolizing conversation is highly discouraged.***

SPECIFIC DATA

Prepared by M. Christine Morgan, LPC for Spring 2008