

COUN 538 Syllabus Crisis Intervention and Trauma Treatment

Course Description

This course provides an overview of crisis theory and intervention, as well as basic aspects of theory and treatment of trauma experienced within diverse and multicultural contexts. Case management in the context of recovery orientation will also be covered.

Course Objectives

The course will provide students with:

1. Understanding case management and treatment strategy within recovery orientation
2. Understanding the basics of crisis theory and crisis intervention models
3. Understanding assessment strategies for evaluating clients who have experienced crisis or trauma
4. Beginning skills in crisis intervention
5. Knowledge of basic types of trauma and their potential impact on people cognitively, affectively, and behaviorally, including neurobiological effects
6. Knowledge of the bio-psycho-socio-cultural aspects of trauma
7. Knowledge of how people with mental or emotional disorders are impacted by crises and trauma
8. Knowledge of emergency management systems in community mental health agencies
9. Knowledge of the multidisciplinary responses to crises, emergencies, and disasters
10. Knowledge of two empirically supported, as well as more recent and cutting-edge, treatments of trauma
11. Understanding of brief, intermediate, and long-term approaches to treating trauma
12. Resources to receive further training in crisis or trauma response

Pre-Requisites

COUN 522A or COUN 522B

Student Learning Outcome Language

As you know, the Counseling department tracks aspects of student learning (known as Student Learning Objectives or SLOs) and Dispositions (Professionalism and Fitness for the Profession) in numerous classes as part of the CACREP accreditation requirements. This helps as a source of feedback on our teaching and lets us know how students are doing on average and individually. In some classes, the SLO's are assessed in the form of a rubric and in other classes it is simply a score from a paper or exam. There is nothing you need to do, but be aware that the information will be used to track and evaluate your progress in the program and will be part of your student record. Please see detailed information in your Student Handbook, as well as the form for Dispositions (which can be assessed at any time, but is always assessed in Coun 511, 530, and 584). There are at least three times when a student's individual progress is formally examined by the faculty: (1) after they have completed their first semester; (2) at advancement to practicum (the semester prior to starting practicum); and (3) at advancement to research

project (the semester prior to Final Project). At these points in time, all the assessment information (including any of the SLO assessments conducted, as well as information from advisement, course grades, and professor input) will be examined. The spirit of this is to make sure that you are on track, and if you are not, then our goal is to offer support and guidance so that you can get back on track. If there are serious concerns, this may involve a remediation process or, in rare cases, dismissal from the program. All of this information is outlined in your Student Handbook. The SLO assessed in this class is the human development item from *Case Conceptualization and Treatment Planning*, and the department is using part of the trauma paper. Please see the rubric on Canvas.

Calendar

Class 1

Topics:

- **Introduction to the course**

Due: See Canvas for assignments (there are assignments due but there is a grace period this first week, so you can take until Friday to complete them)

Class 2

Topics:

- Crisis intervention history and theory
- Crisis intervention models
- Societal contributors to crisis: example of Covid-19

Due: See Canvas for assignments

Class 3

Topics:

- **Crisis intervention skills**

Due: See Canvas for assignments

Class 4

Topics:

- Crisis Intervention and Assessment Models
- Crisis Intervention skills
- Crisis of Lethality

Due: See Canvas for assignments

Class 5 In-Person Class

Topics:

- Definitions: crisis, crisis intervention, trauma
- Responding to crises
- Crisis case management, short, intermediate, and long-term
- Multidisciplinary teams
- Suicidality and homicidality
- Impact of mental or emotional disorders during a crisis, emergency, or disaster
- Crisis helper burnout and self-care

- Crisis intervention role-plays

Due: See Canvas for assignments

Class 6

Topics:

- ***Sexual Assault***
- Partner Violence

Due: See Canvas for assignments

Class 7

Topics:

- Crisis and trauma in children
- Bullying
- Elder abuse

Due: See Canvas for assignments

Class 8

Topics:

- ***Disaster mental health***

Due: See Canvas for assignments

Class 9

Topics:

- Trauma definitions, types of trauma
- Racial trauma
- The effects of trauma

Due: See Canvas for assignments

Class 10

Topics:

- Assessing Trauma and Posttraumatic Outcomes
- Central Issues in Trauma Treatment
- Psychoeducation
- Distress Reduction and Affect Regulation Training
- Mindfulness

Due: See Canvas for assignments

Class 11

Topics:

- Cognitive Interventions in Trauma Treatment
- Emotional Processing
- Increasing Identity and Relational Functioning

Due: See Canvas for assignments

Class 12 Nov 5 Saturday

Topics:

- Terms: trauma, single-incident trauma, complex trauma, societal trauma, insidious/microaggression trauma, intergenerational trauma, betrayal trauma, racial trauma, posttraumatic stress disorder
- Trauma treatments: integrative (Briere & Scott); EMDR (Shapiro)
 - Overview and common stages of trauma treatment models
 - Avoiding re-traumatization harm
 - Affect regulation, cognitive interventions, psychoeducation, relational skills
 - Attachment theory & neurobiology
- Crisis and trauma in people with severe mental illness
- Psychological first aid (PFA) versus critical incident stress debriefing (CISD)
- Recovery orientation and case management

Due: See Canvas for assignments

Class 13

Due:

- Trauma paper 1
- See Canvas for assignments

Class 14

Topics:

- Crisis case management and emergency management systems

Due:

- See Canvas for assignments
- Crisis and Trauma Resources Project

Class 15

Topics:

- Racial and societal trauma and healing, resistance, and resilience
- Liberation psychology, critical race theory
- Intersectionality, feminist therapy
- Future directions in trauma treatment

Due:

- ***Trauma paper 2***

Class 16

Topics:

- Crisis and trauma worker burnout and vicarious traumatization

Due:

- See Canvas for assignments
- Any make-ups on weekly assignments. In order to receive late credit for discussion/quizzes/assignments, they must be turned in by today 10am. You need to

Calendar is only an example and may be quite different 5

email me a copy of your posts, as well as put them in the discussions, and let me know the specific quizzes you made up.