

## Rutgers DSW Program Syllabus

**Module Title:** Trauma and Its Treatment

**Instructor:**

**Residency:** April 2019

**Date:**

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### **Module Description:**

The field of traumatic stress studies has been under development by a variety of mental health and social and policy professions for the past 45+ years. This residency course will provide a broad overview of this development as a basis for understanding the role of trauma in mental health, medical, and social concerns. It will also provide a basis for incorporating tenets of trauma-informed care into social work practice at all levels and in all applications, whether direct clinical services or administration. Emphasis will be placed on broad principles of treatment, available treatment (evidence-based) and professional practice guidelines and their recommendations, and how working with trauma can impact the self of the therapist/administrator, necessitating strategies for self-care and emotional health.

### **Module Objectives:**

1. To provide an overview of traumatic stress studies and the definitions of different types of trauma.
2. To provide an overview of the consequences of different types of trauma and their personal and societal impact.
3. To provide an introduction to the treatment of trauma, with a review of available treatment guidelines (evidence-based) and professional practice guidelines.
4. To review ways that the helper can be affected by work with traumatized individuals and to encourage self-care and emotional health as an ethical imperative in doing this work.

### **Required Readings (1-3):**

1. **Courtois, C. A.** & Gold, S. N. (March 2009). The need for inclusion of trauma in the professional curriculum. A call to action. *Psychological Trauma: Theory, Research, Practice, & Policy*, 1, 1, 3-23.
2. Kinsler, P., **Courtois, C. A.**, & Frankel, A. S. (2009). Relational healing for relational injury: Approaches to working with complex traumatic stress disorders. In C. A. Courtois & J. D. Ford. *Treating complex traumatic stress disorders: An evidence-based guide*, (pp. 183-201). New York, NY: Guilford Press.

3. Bloom, S. L. (1995). The germ theory of trauma: The Impossibility of Ethical Neutrality. *Secondary Traumatic Stress: Self Care Issues for Clinicians, Researchers and Educators*. B. H. Stamm, Sidran Foundation.: 257-27

**Recommended Readings:**

1. Friedman, M. J., Resick, P. A., & Keane, T. M. (2014). Key questions and an agenda for future research. In M. J. Friedman, T. M. Keane, & P. A. Resick, (Eds.). *Handbook of PTSD: Science and Practice (2<sup>nd</sup> ed)*. (pp. 655-676). New York: Guilford Press.
2. Courtois, C. A., & Ford, J. D. (2013). *Treatment of complex trauma: A sequenced relationship-based approach*. New York: The Guilford Press.
3. Ford, J. D., Elhai, J., Grasso, D., & **Courtois, C. A.** (Eds.). (2015). *Posttraumatic stress disorder: Scientific and professional dimensions (2<sup>nd</sup> Ed.)*. Boston, MA: Elsevier, Academic Press.
4. **Courtois, C. A.** (2015). *It's not you, it's what happened to you*. Long Beach, CA: Elements Behavioral Health (available on Amazon).