THE UNIVERSITY OF TENNESSEE
COLLEGE OF SOCIAL WORK
NASHVILLE CAMPUS
SW 533 Treatment of Trauma
Online
CRN #: 29797 Section #: 001

Course number: SW 533
Instructor: Ashley Childers LCSW
Semester: Spring 2016
Email: achilde8@utk.edu
Meeting Time: Online Wednesdays 6:00-7:00PM CST
Office: 615-256-1885 x 154
Office Hours: Tuesdays 4-5PM CST/by appointment
Mobile: 617-335-0794
Credit hours: 3 Hours
Prerequisites: SW 510, 512, 513, 517, 519, 520, 522, 537, 538, 539

I. UNIVERSITY POLICIES

CODE OF CONDUCT. It is the student's responsibility to have read the College of Social Work Ethical Academic and Professional Conduct Code that is in the College of Social Work MSSW Handbook (www.csw.utk.edu). Students are also expected to sign and adhere to the Social Work Field Placement Code of Conduct.

HONOR STATEMENT. The University of Tennessee maintains a commitment to an atmosphere of intellectual integrity and academic honesty. Students of the University must pledge that they neither knowingly give nor receive any inappropriate assistance in academic work (Please see Hilltopics).

UNIVERSITY CIVILITY STATEMENT. Civility is genuine respect and regard for others: politeness, consideration, tact, good manners, graciousness, cordiality, affability, amiability and courteousness. Civility enhances academic freedom and integrity, and is a prerequisite to the free exchange of ideas and knowledge in the learning community. Our community consists of students, faculty, staff, alumni, and campus visitors. Community members affect each other’s well-being and have a shared interest in creating and sustaining an environment where all community members and their points of view are valued and respected. Affirming the value of each member of the university community, the campus asks that all its members adhere to the principles of civility and community adopted by the campus: http://civility.utk.edu/.

DISABILITY. For course adaptations or accommodations because of a documented disability or to share emergency information, contact The University of Tennessee Office of Disability Services at 100 Dunford Hall (865) 974-6087 to ensure that you are properly registered for services.

Dimensions of Diversity
The College of Social Work and the University of Tennessee welcome and honor all people. In accordance with the U.S. National Association of Social Workers (NASW) and the U.S. Council on Social Work Education (CSWE 2015 Educational Policy Statement), “the dimensions of diversity are understood as the intersectionality of multiple factors including” age, class, color, culture, mental or physical disability and ability, ethnicity, gender, gender expression, gender identity, immigration status, marital status, national origin, political ideology, race, regionality, religion and spirituality, sex, sexual
orientation, and tribal sovereign status. The College values intellectual curiosity, pursuit of knowledge, and academic freedom and integrity. “A person’s diverse life experiences may include oppression, poverty, marginalization, and alienation as well as privilege, power, and acclaim” (CSWE 2015 Educational Policy Statement). The College of Social Work promotes social justice and social change, and strives to end discrimination, oppression, poverty, and other forms of social injustice.

II. COURSE DESCRIPTION:
This course is a concentration elective course. This course will present current bio-ecological research findings that inform our understanding of trauma. Emphasis is placed on understanding biopsychosocial influences on the incidence, course and treatment of acute stress and PTSD and the differential effect of these factors on diverse populations at risk. The course focuses on the acquisition of diagnostic skills as they relate to comprehensive social work assessment of adults, adolescents, and children. Assessment and interventions skills are taught for specific types of trauma, e.g. rape, war, natural disasters. Evidence-based interventions to treat victims of trauma will be presented. The treatment of trauma in this course is family focused and emphasizes the impact of trauma on family and provision of psychoeducation and support for family members. Knowledge of psychopharmacology and the roles social workers play regarding medication with clients as part of an interdisciplinary treatment team will be covered. This two credit advanced elective course examines roles, assessments, and intervention strategies for social workers in treating acute stress disorder and PTSD in a variety of service settings.

III. COURSE RATIONALE:
Domestic violence, child abuse, assault, war, and natural disasters create high incidences of Acute Stress and Post Traumatic stress disorders. Approximately 6 million people in the United States are diagnosed with PTSD. Social workers need to be trained to serve those persons experiencing trauma reactions.

IV. COURSE COMPETENCIES:
By the completion of this course, the students are expected to be able to demonstrate:
1. Explicate knowledge of selected evidence based clinical practice theories. CT/EBP Conc. #1. (Content: cognitive behavioral, psychodynamic and exposure models for treatment of trauma).
2. Utilize the value base of the social work profession and its ethical standards in clinical practice with individuals. Values/Ethics Conc. #1. (Content: NASW Code of ethics, ethical principles, ethical dilemma analysis, ethical dilemma resolution strategies.)
3. Articulate clinical assessment with diverse groups of clients using evidence based assessment measures and methods. Diversity C.3; CT/EBP Conc. #1. (Content: diversity assessment model, quantitative and qualitative assessment methods focusing on CAPS 2 trauma assessment, case studies, highlighting diversity in assessment.)
4. Describe culturally sensitive work with diverse client systems. Diversity Conc. #3 & #4; Practice Conc. #1. (Content: cultural competency, professional use of self specifically emphasizing the skills of supplemental functioning in persons with trauma, modifying clinical interventions for implementation with diverse groups.)
5. Articulate and implement a plan for using the steps of evidence-based practice for improving clinical practice. CT/EBP Conc. #4; Practice Conc. #3. (Content: evaluation of research articles, apply the process of EBP through role-play and case studies in different trauma populations.)

6. Describe the use of evidence based clinical practice theories in assessment, treatment planning, case conceptualization, and interviewing to resolve unique, ambiguous, value-conflicted, and complex client problems. Practice Conc. #1; Values/Ethics Conc. #1. (Content: application of research findings to clinical practice, assessment, treatment planning, interviewing, case-conceptualization, ethical dilemma analysis.)

7. Critically analyze the role of social justice in clinical practice with at-risk populations. Populations at Risk/SJ Conc. #2. (Content: utilize case studies of at-risk populations for clinical practice role-play; analyze the social justice dimensions of evidence-based clinical practices.)

**LEARNING ENVIRONMENT: ONLINE FORMAT:**
This course is designed to balance the maximum flexibility in scheduling with a high degree of academic rigor. To accomplish this, the course utilizes multiple technologies to ensure that you receive the most from your education. This format also requires a commitment by the learner to be responsible for attending the synchronized Blackboard Collaborate sessions and ensuring that all course readings are completed by the class for which they are assigned. It should also be noted here that due to the lack of actual in class time the reading requirements are often larger than a face to face class would have.

Please review the course outline thoroughly and mark your calendars to ensure your availability for all scheduled Collaborate sessions. Sessions that are indicated to be:

**Asynchronous online** can be completed any time during that week, and typically will consist of viewing a PowerPoint presentation, completing readings, viewing videos, and/or completing an assignment (quiz, discussion board, worksheet etc.)

**Synchronous online** require that you be online on the date and time indicated. These courses are always conducted using the BlackBoard Collaborate system, links can be found on the BlackBoard site.

V. **REQUIRED TEXTS:**


**Additional required readings will be assigned and posted to Blackboard, which will include readings from** Ziegler, D. (2011). *Traumatic Experience and the Brain: A handbook for understanding and treating those traumatized as children*. Acacia Publishing: Gilbert, AZ.

VII. **EVALUATION PROCEDURES AND GRADES**
ALL ASSIGNMENTS SHOULD BE IN APA FORMAT, DOUBLE-SPACED, USING A 12 PT FONT.
The course grade will be based on:

**Weekly Practice Blog – 20 points** DUE WEEKLY by Friday Midnight CST each week

Each week you will blog on your skills practice. This includes all mindfulness practice and facilitation, therapeutic skills, and how you are integrating the theory into the skills. You are not expected to be good at any one of these skills, but able to self-assess and make decisions about what you want to improve on, what does not work for you, what you like, dislike, etc.

You are expected to try every skill presented, push yourself out of your comfort zone, and then think critically about how you will use that skill, adapt it to suit your style, or discard it and look for something else. Be concise, yet clear. Be open, yet maintain healthy boundaries. Be honest and willing to admit weaknesses, as well as own your successes.

You will need to comment on 2 blogs per week (not your own). Your comments are due by the Tuesday prior to our Wednesday class times.

This includes points for participation. Not on attendance of online lectures, but on blogs and comments.

**Personal Safety Plan – 5 points**

This plan will be strictly confidential. Only I will see it. I will not be discussing your history with you, but I do want to know enough to guide you in creating a sufficient care plan. This is a normal part of clinical supervision and essential to your long-term productivity in the field of social work.

**Grounding Technique – 5 points**

Find a useful grounding technique (does not have to be EBP) and re-create in a format that is useful to you. Do not use the same one in the text. Post BOTH the found example and your re-creation. Examples include using the breath, five senses review, etc. There is no length requirement, but make sure it is not so long and complex that it is not readily useful. Cite your sources.

The options for this are endless. The goal, however, is precise: use a simple technique to reduce distress in the moment that it is being experienced.

POST A COPY OF EACH OF THE ABOVE TECHNIQUES AS AN ATTACHMENT TO THE DISCUSSION BOARD IN THE **TOOL BOX** FOR USE BY YOUR FELLOW STUDENTS. WRITE A BRIEF DESCRIPTION IN THE MESSAGE FOR EASE OF USE. DON’T FORGET TO UPLOAD YOUR ASSIGNMENT UNDER THE ASSIGNMENT TAB (IN THE WEEKLY FOLDERS) FOR GRADING~

**Guided Imagery – 5 points**

Please use Zoom to record and use YouTube to create a link to your assignment. Upload your link to the discussion board for this class.
Create/Adapt a guided imagery script for general relaxation that can be used in a treatment session. It should take no more than 10 minutes to implement and no less than 3 minutes.

POST A COPY AS AN ATTACHMENT TO THE DISCUSSION BOARD FOR USE BY YOUR FELLOW STUDENTS. WRITE A BRIEF DESCRIPTION IN THE MESSAGE FOR EASE OF USE.

The options for this are endless. The goal, however, is precise: use a technique that is practiced when NOT distressed to increase overall ability to relax in general.

Don't stress about this! Make it fun!

POST A COPY IN THE TOOLBOX FOR USE BY YOUR FELLOW STUDENTS. WRITE A BRIEF DESCRIPTION IN THE MESSAGE FOR EASE OF USE.

Emotional Processing paper – 15 points

For each topic following The Components of Trauma Processing on p. 143, (Briere and Scott) to include Exposure, Activation, Disparity, Counterconditioning, and Desensitization/Resolution, write out in script form, as if you are explaining to a client, each concept and how it may be used in sessions, what the purpose is, the theory behind it, etc.. This might include some clarifying statements, prompts, supportive statements, and some basic Psychoeducation.

The purpose of this assignment is to improve your articulation of these concepts, skills, and steps of treatment. It will enable to respond to these dynamics in a session when/if they happen spontaneously, and to be able to initiate them when appropriate. Imagine yourself with a client and identify what it is you need to say to support that person in each of these areas. The book gives you some ideas, but I want you to take it further.

Case Conceptualization, 20 points

Develop a case conceptualization on a person in one of the recommended movies (full list will be on the Blackboard course site). Provide a brief description of this person, including present demographics and a history of the trauma and/or negative life experiences. Describe the multiple ways in which this person has been effected by the trauma, to include effects on relationships, interpersonal skills, behaviors, emotional reactions, cognitive patterns, health issues, etc. Include a description of what EB intervention/s you believe would be the most appropriate for this person. THREE TO FIVE PAGES MAXIMUM. A full description of the format will be on the Blackboard course site. This Case Conceptualization should take into consideration cultural competency.

Quizzes, 5 Quizzes at 6 points each, 30 points

Quizzes open after “class time” which is Wednesdays at 7PM CST and close the following Tuesday at Midnight CST. Quiz dates will be posted on our Blackboard course site.

TOTAL – 100 POINTS
Late Assignments
Any assignments turned in late will receive a reduction of two points per day late and no assignments will be accepted seven days past the due date.

EVALUATION PROCEDURES AND GRADES

A (95-100) Outstanding/Superior: Exceptional performance. Consistently exceeds expectations.
B+ (90-94) Very Good: Student consistently meets, and occasionally exceeds, normal expectations for the course.
B 85-89() Good: Student consistently meets normal expectations for the course.
C+ (80-84) Average: There is unevenness in grasping course content. Student is inconsistent in meeting normal expectations for the course.
C (70-79) Poor: There is lack of understanding of content. Student does not meet expectations.
F (69-Below) Very Poor: There is a lack of attendance or incomplete assignments. Course expectations are not met.

X. COURSE OUTLINE:

Additional Requited Readings are located on BlackBoard under each weekly folder.

Jan 20th Synchronous Session 6:00-7:00PM CST
Introduction Week
We will meet online tonight to “test” the BBC website and we will review the class syllabus and expectations.

Jan 27th Asynchronous Session
WEEK #1

Readings:

BRIERE AND SCOTT: CHAPTER 6: DISTRESS REDUCTION AND AFFECT REGULATION TRAINING
KABAT-ZINN:: Part 1, PP 1 – 46

Vicarious Traumatization Chapter 31

Organizational Prevention of VT
Feb 3rd Asynchronous session  
WEEK #2 Self-Care/Safety Plan Due

Readings:

Basic Emotional Regulation, McKay Ch 6
Advanced Emotional Regulation, McKay Ch 7

Feb 10th Asynchronous session  
WEEK #3

Readings:

COGNITIVE INTERVENTIONS ROLE PLAY —on BB
BRIERE AND SCOTT: READ CH. 7 AND 10.
ZIEGLER: CH. 4

Feb 17th Asynchronous session  
WEEK #4 Grounding Techniques assignment Due

Readings:

BRIERE AND SCOTT: READ CH. 1, 2, AND 5.
ZIEGLER: CH. 5 AND 6

Feb 24th Synchronous session 6:00-7:00PM CST Guided Imagery assignment Due  
WEEK #5:

Readings:
March 2nd Asynchronous session 6:30-7:30PM CST
WEEK #6

Readings
KABAT-ZINN: ALL OF PART II
ZIEGLER: CH. 7 AND 8

March 9th Asynchronous session COMPS WEEK- *NO BLOG DUE*
WEEK #7

Readings
BRIERE AND SCOTT: CH. 1, 2, AND 3

March 16th NO CLASS- SPRING BREAK! *NO BLOG DUE*

March 23rd Asynchronous session
WEEK #8: Emotional Processing Assignment Due

Readings:
BRIERE CASE EXAMPLES
BRIERE AND SCOTT: CH. 9

ZIEGLER: CH. 9

March 30th Synchronous session 6:00-7:00PM CST
WEEK #9:
Readings:

April 6th Asynchronous session
WEEK #10

Readings:
BRIERE AND SCOTT: CH 9
ZIEGLER: CH. 11

April 13th Asynchronous session
WEEK #11:

Readings:
BRIERE AND SCOTT: CH. 11 AND 12
ZIEGLER: CH. 1, 2, AND 3.

April 20th Asynchronous session
WEEK #12: Case Conceptualization Due
Readings located on BB