



PCC 865 Counseling Techniques: Crisis & Trauma Counseling

Project Based Learning Approach

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## SYLLABUS

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### Course Description

The assessment and treatment of clients in crisis and suffering from trauma will be studied using empirical materials and formulations drawn from several theoretical approaches. The time-limited nature of crisis intervention related to legal and ethical issues and interfacing appropriately with other service providers will be studied.

Students will also learn the fundamentals of traumatology, including the basics of victimology, traumatic stress, and stress research. Special emphasis will be given to adult survivors of various types of abuse, and post-traumatic stress disorder (PTSD), including racial-based stress, and racial and cultural trauma.

### Course Outcomes

At the completion of the course, the students will be able to

1. Identify several theoretical approaches to crisis intervention. (PLO #6)
2. Identify various types of abuse and trauma. (PLO #5 & 6)
3. Assess crisis situations for specific risks, including suicide, homicide, abuse, and neglect. (PLO #5 & )
4. Formulate a concrete, well informed safety plan with client and others. (PLO #5 & 6)
5. Recognize when and how to report to authorities as required by ethics code(s) and law. (PLO #5 & 6)
6. Formulate a concrete, well informed intervention and follow up plan for a diversity of persons and communities commonly encountered crisis and traumatic situations. (PLO #3 & 5)
7. Identify victimization patterns and abuse behavior patterns. (PLO #5 & 6)
8. Demonstrate appropriate skills in counselling crisis and trauma survivors. (PLO #5 & 6)

9. Be able to integrate and employ spiritual disciplines/practices into one's own personal spiritual journey to prevent compassion fatigue. (PLO #4)

## Course Texts

Duffey, Thelma & Haberstroh, Shane (2020). *Introduction to Crisis and Trauma Counseling*. ACA: VA

Mate, Gabor. (2022). *The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture*. Avery: New York.

Mullan, Jennifer. (2023). *Decolonizing Therapy: Oppression, Historical Trauma, and Politicizing Your Practice*. W.W. Norton: New York.

Riley, Cole Arthur. (2022). *This Here Flesh: Spirituality, Liberation, and the Stories that Make Us*. Convergent: New York.

## Recommended Texts

Briere, John & Scott, Catherine (2017). *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment (DSM V Update)*. Sage Publications: CA.

Alexander, Jeffrey (2004). *Cultural Trauma and Collective Identity*. University of California Press: CA.

Caruth, Cathy (2016). *Unclaimed Experience: Trauma, Narrative, and History*. John Hopkins Press: NY

Haines, Staci K. (2019). *The Politics of Trauma: Somatics, Healing, and Social Justice*. North Atlantic Books: CA.

Herman, Judith (2015). *Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Power*. Basic Books: NY.

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