



## COUN6349 Trauma: Theories

### New Orleans Baptist Theological Seminary Division of Church and Community Ministries Spring 2020

**Professor:** Lorien Fleener, MAMFC, ThM, PLPC  
**Office:** Leeke Magee Christian Counseling Center, Room 104-E  
**Phone:** 504-282-4455 ext. 8306  
**Email:** [lfleener@nobts.edu](mailto:lfleener@nobts.edu)  
Thursday 8:00-11:50

**Class Grader:** Tarin Madden, [tmadden@nobts.edu](mailto:tmadden@nobts.edu)

#### **Mission Statement**

New Orleans Baptist Theological Seminary and Leavell College prepare servants to walk with Christ, proclaim His truth, and fulfill His mission.

#### **Mission Statement of the Counseling Program**

The mission of the NOBTS Counseling Program is to provide training and supervised experience in evidence-based counseling methods to help people deal with life issues in a biblically sound way and prepare students for licensure in counseling and counseling-related professions. We seek to produce graduates who have the values, knowledge, skills, and personal disposition to promote the mental health and holistic wellness of clients across diverse populations.

#### **Core Value Focus**

The seminary has five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. The core value focus for this academic year is Spiritual Vitality.

#### **Curriculum Competencies**

All graduates of NOBTS are expected to have at least a minimum level of competency in each of the following areas: Biblical Exposition, Christian Theological Heritage, Disciple Making, Interpersonal Skills, Servant Leadership, Spiritual and Character Formation, and Worship Leadership. The curriculum competencies addressed in this course are: Biblical Exposition, Effective Servant Leadership, Interpersonal Relationships, Disciple Making, and Spiritual and Character Formation.

#### **Course Description**

The purpose of this course is to develop students' knowledge and skill in the treatment of trauma for individuals, marriages, and families. Students will explore the psychological trauma field, including the current theories in the field, the nature of trauma, how trauma affects individuals and systems, grief reactions, and traumatic stress. Also included is the exploration of the professional's response to trauma, vicarious traumatization, comorbid disorders and general treatment issues. Students will have the opportunity to review evidence-based practices in the trauma field. A variety of theoretical frameworks are presented, including cognitive, spiritual, neurobiological, clinical, and socio-cultural.

#### **Course Teaching Methodology**

The course will involve the following methodologies: lecture, discussion, case studies, student research, and limited role plays.

**Program Objectives:**

- #1. Equip students to synthesize theoretical and empirical knowledge in the field of counseling.
- #4. Train students to integrate historical Christian beliefs, faith, and spirituality with the best practices of mental health science, in an ethical manner.

**Student Outcomes: By the end of the semester, the student should be:**

Course Objectives	Learning Experiences	Assessments
<p>Familiar with the basic literature on trauma, posttraumatic stress disorder, and resilience, have explored the impact of trauma from a cognitive, spiritual, neurobiological/ physiological, and socio-cultural perspective; and have a basic working knowledge of trauma, the stages of trauma, and knowledge of evidence based strategies for treating trauma victims. (CACREP 2.F.3. e, f, g; 2.F.5.a, g, h, j, m)</p>	<p><b>Readings:</b> Briere, Ch. 1-3; Vermilyea p. 6-17; van der Kolk;</p> <p><b>Instruction: Lectures:</b> Understanding and Identifying Trauma; The Effects of Trauma; Assessing Trauma &amp; Posttraumatic Outcomes; Central Issues in Trauma Treatment; Distress Reduction &amp; Affect Regulation Training; Cognitive Interventions; Emotional Processing; Increasing Identity &amp; Relational Functioning; Mindfulness in Trauma Treatment; Treating the Effects of Acute Trauma; Psychobiology &amp; Psychopharmacology of Trauma; The Impact of Crisis and Trauma on Marriages, Couples, and Families Discussions: With lectures; Case studies</p>	<p>Tool Demonstration from Vermilyea</p> <p>Research Paper</p>
<p>Increase in appreciation for God’s innate provisions for coping with overwhelming trauma, recognize the value of the safe relationship in bringing healing to trauma survivors, and develop a personal response about theological concepts regarding trauma in the lives of people. (CACREP 2.F. 2. d, g; 2.F.3.g)</p>	<p><b>Readings: Eareckson; Tracy</b></p> <p><b>Instruction: Lectures:</b> A Place of Healing; A Christian Perspective: Mending the Soul; Discussions</p>	<p>Paper on Suffering</p>
<p>Be able to select interventions to help bring healing to someone with the effects of trauma, (CACREP 2.F.3.e, f, g,h,j,m)</p>	<p><b>Readings:</b> Vermilyea—all; van der Kolk; Briere: Ch. 4-12; Shapiro</p> <p><b>Instruction: Lectures:</b> Central Issues in Trauma Treatment; Distress Reduction &amp; Affect Regulation Training; Cognitive Interventions; Emotional Processing; Increasing Identity &amp; Relational Functioning; Mindfulness in Trauma Treatment; Treating the Effects of Acute Trauma; Psychobiology &amp;</p>	<p>Demonstration of Tool</p> <p>Research Paper</p> <p>Final Exam</p>

	Psychopharmacology of Trauma; The Impact of Crisis and Trauma on Marriages, Couples, and Families	
--	---	--

### Course Requirements/Assignments

Assignment/Requirements & Description	Percentage	Due Date
<p><b>Complete all assigned reading/class exercises:</b> The reading is heavy in this course. Students should plan adequate time for each text and complete all assigned reading. Students will report on percentage read of each text or reading assignment. Students will sign up for role plays on Blackboard to demonstrate interventions in the Vermilyea book. Additional exercises in class may be assigned.</p>	20%	Tool Demo: as assigned <b>Reading Reports:</b> <b>End of Semester</b>
<p><b>Attendance:</b> Students should not miss any more class meetings than necessary. Attendance will be part of the student's grade. Per NOBTS policy, more than 3 absences results in failure in class.</p>	10%	<b>End of Semester</b>
<p><b>Suffering Paper:</b> Write a 5-7 page paper on how you, the counselor, would respond to a trauma client when he/she asks, "Where was God when I called to Him and ____ happened anyway?" The paper should be double spaced, written in first person, and citing at least 5 references, in addition to the Bible</p>	20%	Feb. 20
<p><b>Research Paper:</b> Write a research paper that is a brief literature review in which the student focuses in-depth on a specific issue within the traumatic stress field. The paper should be 8-10 typed, double spaced, APA format, and citing at least 10 scholarly references. Five of these references must be from peer-reviewed journals. The student should examine the chosen issue from one of the following five perspectives: cognitive, neurobiological, clinical, spiritual, or socio-cultural. The paper should contain a brief overview of the issue, an overview of the issue from the particular perspective chosen, and a discussion of the advantages and limitations of the chosen perspective when applied to multicultural populations.</p>	30%	April 23
<p><b>Final Exam:</b> As we look at various frameworks and methodologies for the treatment of trauma, prepare (for your personal use) an outline, or "play-book" for the various segments (chapters) or frameworks. For example, you would have a segment about using cognitive principles, another about affect regulation, etc. Then, at the end, for the final exam, put together these outlines of how you would treat a client with trauma, including a decision tree that would help you decide which segments would be best for that specific client. You will be given a case study, and will develop a treatment plan using your "play-book" for the planning.</p>	20%	

### Textbooks

- Briere, J. N., & Scott, C. (2014). *Principles of trauma therapy: A guide to symptoms, evaluation, and treatment*. CA: Sage Publications. ISBN: 978-1483351247
- Eareckson Tada, J. (2010). *A place of healing: Wrestling with the mysteries of suffering, pain, and God's sovereignty*. David Cook. ISBN:
- Shaprio, F. *Eye movement desensitization and reprocessing (EMDR): Basic principles, protocols, and procedures*. 2<sup>nd</sup> ed. New York, NY: The Guilford Press. ISBN:
- Tracy, S. R. (2009). *Mending the soul: Understanding and healing abuse*. MI: Zondervan Publishing. ISBN:
- van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. NY: Penguin Group. ISBN:
- Vermilyea, E. G. (2013). *Growing beyond survival: A self-help toolkit for managing traumatic stress*, 2<sup>nd</sup> ed.. NC: The Sidran Institute. ISBN:

### Evaluation of Grade

The student's grade will be computed as follows:

1. Reading Report ( <i>Due at start of each class</i> )	20%
2. Class Participation/Attendance	10%
3. Suffering Paper	20%
4. Research Paper	30%
5. Final Exam	20%

### Grading Scale:

The following grading scale is used at NOBTS:

A: 93-100	D: 70-76
B: 85-92	F: Below 70
C: 77-84	

### Course Policies, Academic Conduct, and Professional Conduct

#### Academic Honesty Policy

All graduate and undergraduate NOBTS students, whether on-campus, internet, or extension center students, are expected to adhere to the highest Christian standard of honesty and integrity when completing academic assignments for all courses in every delivery system format. The Bible provides our standard for academic integrity and honesty. This standard applies whether a student is taking tests, quizzes, exams, writing papers, completing Discussion Boards, or any other course requirement.

#### Academic Policies

Academic policies relate to absences, grading scale, final examination schedules, and other topics can be found in the current online catalog: [New Orleans Baptist Theological Seminary Academic Catalog](#).

#### Classroom Parameters

- Please arrive on time.
- Turn off cell phones. Utilize laptops and other technology for class purposes only.
- Respect the professor and other members of the class.
- Maintain confidentiality when someone shares personal information.
- Participate in class and group discussions.

#### Classroom Participation/Active Dialogue

Student participation is expected. Class interaction is an important and valuable aspect of the learning environment where we can experience the truth of the Great Commandment by truly knowing one

another.

### **Disabilities and Accommodations**

New Orleans Baptist Theological Seminary does not discriminate against applicants/ students on the basis of personal disabilities. The Seminary, in voluntary compliance with the American Disabilities Act, will provide reasonable institutional accommodations, modifications, and adjustments to enable and empower students with disabilities to participate in Seminary programs and activities to the fullest extent possible. However, NOBTS cannot support accommodations that place undue hardship on the Seminary or its resources or which alter the essential requirements of curriculum and academic progress. While the seminary does not provide direct assistance to students in the form of equipment or personnel, accommodations may be made by individual professors at their discretion. These accommodations usually take the form of early access to lecture materials in electronic format and additional time to complete tests and assignments. The most efficient way to pursue such accommodations is to provide the Director of Testing and Counseling (Dr. Jeff Nave, [jnave@nobts.edu](mailto:jnave@nobts.edu), 504-282 4455 ext. 8004) with documentation of the condition for which you seek accommodation, an explanation of helpful accommodations received in the past, and a description of the specific accommodations you desire. The Director of Testing and Counseling will document your request and communicate on your behalf with the professors who teach the course(s) for which you are registered. The seminary reserves the right to consider each request for "special" accommodations on a case by case basis pursuant to the criteria enumerated above.

### **Diversity**

The Counseling Program at NOBTS affirms the Christian doctrinal position that God created man in His own image, and that Christ died for man; therefore, every person of every race possesses full dignity and is worthy of respect and Christian love. We believe the counseling profession affords our students and graduates the opportunity to be "salt and light" (Matthew 5:13-16) whatever their places of service, and that a robust appreciation for and sensitivity to human diversity is key to that end. Further, a learning environment diverse in its people, curricula, scholarship, research, and creative activities expands opportunities for intellectual inquiry and engagement, helps students develop critical thinking skills, and prepares students for social and civic responsibilities. Students and faculty benefit from diversity. The quality of learning, research, scholarship, and creative activities are enhanced by a climate of inclusion, understanding, and appreciation of the full range of human experience. We are committed to nurturing and training a diverse student body in an atmosphere of mutual respect and appreciation of differences. As a result, the counseling program is committed to diversity and equal opportunity and recognizes that it must represent the diversity inherent in American society, reflected in our local community, and aligned with the core values of the NOBTS community.

### **Emergencies:**

In cases of emergency, such as hurricanes, disease outbreaks, or other disasters, go to the seminary website ([www.nobts.edu](http://www.nobts.edu)) for information. The seminary administration will post information, such as the nature of the emergency, instructions for response, and evacuation and return dates. Please check Blackboard for information specific to this course. Because Blackboard is available, the course will continue even if the main campus is closed. Please consider registering for the seminary's priority text messaging service through [SelfServe](#). This service is used only in emergencies, and will allow the seminary to deliver urgent information to you as needed.

### **Extra Credit**

No extra credit is available in this course.

### **Netiquette**

Netiquette refers to appropriate online behavior in Blackboard or other online discussions. Each student is expected to demonstrate appropriate Christian behavior when working online on Discussion Boards or whenever interaction occurs through web, digital, or other electronic medium. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

**Plagiarism on Written Assignments**

NOBTS has a no tolerance policy for plagiarism. Plagiarism in certain cases may result in expulsion from the seminary. See the NOBTS Student Handbook for definition, penalties, and policies associated with plagiarism.

**Policy for Graduating Seniors**

Graduating Seniors are responsible for alerting the professor of your intention to graduate. All of your assignments must be completed by noon (12:00 PM) on the Wednesday prior to commencement exercises.

**Professor's Policy on Late Assignments**

All work is due on the assigned date in the syllabus. All class work is due at the dates specified. Late assignments will be given a deduction of half a grade per class day after the due date. Any assignment submitted after the final exam will receive a grade of 0 points.

**Professional Conduct**

Students are expected to adhere to the appropriate code of ethic for their particular program. Any behavior deemed unethical will be grounds for dismissal from the program.

**Professor's Availability and Assignment Feedback**

The student may contact the professor at any time using the email address provided in the course syllabus. The professor will make every effort to return answers to emailed questions within a 24-hour period of time. Assignments requiring grading will be returned to the student within a reasonable period of time. Student feedback on graded assignments will be provided through the grading rubric located in the student's Blackboard Grade Book. The student will find comments in the grading rubric, as well as on graded paper assignments. The student may also email the course grader with questions regarding grading.

**Reading Assignments**

Students are responsible for completing all reading assignments.

**Technical Assistance**

For assistance regarding technology, consult ITC (504-816-8180) or the following websites:

1. [Selfserve@nobts.edu](mailto:Selfserve@nobts.edu) - Email for technical questions/support requests with the [Selfserve.nobts.edu](http://Selfserve.nobts.edu) site (Access to online registration, financial account, online transcript, etc.)
2. [BlackboardHelpDesk@nobts.edu](mailto:BlackboardHelpDesk@nobts.edu) - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System [NOBTS.Blackboard.com](http://NOBTS.Blackboard.com).
3. [ITCSupport@nobts.edu](mailto:ITCSupport@nobts.edu) - Email for general technical questions/support requests.
4. [www.NOBTS.edu/itc/](http://www.NOBTS.edu/itc/) - General NOBTS technical help information is provided on this website.

**Writing Center**

NOBTS has adopted a Quality Enhancement Plan to improve English writing at the graduate level. As part of this effort, NOBTS has established a writing center located in the Hardin Student Center (290B). Visit the official [NOBTS Writing Center](#) online help site for writing academic papers and essays. You will discover writing guides, tips, and valuable information to help you become a better writer. Go here for Turabian and APA style helps and guidelines. You will also find language fonts for Greek and Hebrew. More information about how to set up an appointment for writing assistance is available on the writing center page.

**Writing Style**

All papers are to be written in American Psychological Association (APA) style. Please see the APA Manual 6th edition. Be thorough, and answer completely all the questions in the assignments

**Writing Style Guide**

Writing assignments should follow the **NOBTS/Leavell College Manual of Form and Style** (*revised August 2019*). To access this manual on the seminary website, please use the following link: [https://www.nobts.edu/\\_resources/pdf/writing/StyleGuide.pdf](https://www.nobts.edu/_resources/pdf/writing/StyleGuide.pdf).

### Student Services

This is a partial list of NOBTS student services available to all students, no matter your delivery system or location. If you have questions or do not see what you need here, please refer to [www.nobts.edu/student-services](http://www.nobts.edu/student-services), email us at [studentservices@nobts.edu](mailto:studentservices@nobts.edu), or call the Dean of Students office at 800-662-8701, ext. 3283. We are glad to assist you!

<b>eed</b>	<b>Email</b>	<b>Phone</b>	<b>Web Page</b>
Advising – Graduate Program	<a href="mailto:studentservices@nobts.edu">studentservices@nobts.edu</a>	504.282.4455 x3312	<a href="http://www.nobts.edu/registrar/default.html#advising">www.nobts.edu/registrar/default.html#advising</a>
Advising – Undergraduate Program	<a href="mailto:lcadminasst@nobts.edu">lcadminasst@nobts.edu</a>	504.816.8590	<a href="http://www.nobts.edu/LeavellCollege">www.nobts.edu/LeavellCollege</a>
Church Minister Relations (for ministry jobs)	<a href="mailto:cmr@nobts.edu">cmr@nobts.edu</a>	504.282.4455 x3291	<a href="http://www.nobts.edu/CMR">www.nobts.edu/CMR</a>
Financial Aid	<a href="mailto:financialaid@nobts.edu">financialaid@nobts.edu</a>	504.282.4455 x3348	<a href="http://www.nobts.edu/financialaid">www.nobts.edu/financialaid</a>
PREP (help to avoid student debt)	<a href="mailto:Prepassistant1@nobts.edu">Prepassistant1@nobts.edu</a>	504.816.8091	<a href="http://www.nobts.edu/prep">www.nobts.edu/prep</a>
Gatekeeper NOBTS news	<a href="mailto:pr@nobts.edu">pr@nobts.edu</a>	504.816.8003	<a href="http://nobtsgatekeeper.wordpress.com">nobtsgatekeeper.wordpress.com</a>
Information Technology Center	<a href="mailto:itcsupport@nobts.edu">itcsupport@nobts.edu</a>	504.816.8180	<a href="http://selfserve.nobts.edu">selfserve.nobts.edu</a>
Help with Blackboard	<a href="mailto:blackboardhelpdesk@nobts.edu">blackboardhelpdesk@nobts.edu</a>	504.816.8180	<a href="http://nobts.blackboard.com">nobts.blackboard.com</a>
Library	<a href="mailto:library@nobts.edu">library@nobts.edu</a>	504.816.8018	<a href="http://www.nobts.edu/Library">www.nobts.edu/Library</a>
Online library resources	<a href="mailto:library@nobts.edu">library@nobts.edu</a>	504.816.8018	<a href="http://www.nobts.edu/research-links/default.html">http://www.nobts.edu/research-links/default.html</a>
Writing and Turabian style help	<a href="mailto:library@nobts.edu">library@nobts.edu</a>	504.816.8018	<a href="http://www.nobts.edu/writing/default.html">http://www.nobts.edu/writing/default.html</a>
Guest Housing (Providence Guest House)	<a href="mailto:ph@nobts.edu">ph@nobts.edu</a>	504.282.4455 x4455	<a href="http://www.provhouse.com">www.provhouse.com</a>
Student Counseling	<a href="mailto:lmccc@nobts.edu">lmccc@nobts.edu</a>	504.816.8004	<a href="http://www.nobts.edu/student-services/counseling-services.html">www.nobts.edu/student-services/counseling-services.html</a>
Women's	<a href="mailto:womensacademic@nobts.edu">womensacademic@nobts.edu</a>	504.282.4455	

For additional library resources in your state, check <http://www.nobts.edu/library/interlibrary-loan.html>

- GALILEO for Georgia students
- LALINC for Louisiana students
- Florida Virtual Library (<http://www.flelibrary.org/>) for Florida students
- Interact with us online at –



TWITTER.COM/NOBTS    INSTAGRAM.COM/NOBTS    FACEBOOK.COM/NOBTS

### Course Schedule

<b>Date</b>	<b>Topic for Class</b>	<b>Reading Assignment</b>	<b>Other Assignments</b>
<b>1/23</b>	Overview of Class Introduction: Understanding and Identifying Trauma The Effects of Trauma	*Effective Ways to Approach Sexual Assault Response Hasmik Chakaryan, ACA July 10, 2018	
<b>1/30</b>	Assessing Trauma & Posttraumatic	Briere, Ch. 1-3 Vermilyea p. 6-17	
<b>2/6</b>	A Place of Healing	Complete Eareckson	
<b>2/13</b>	A Christian Perspective: Mending the Soul	Complete Tracy	
<b>2/20</b>	Central Issues in Trauma Treatment Psychoeducation	Briere, Chapter 4-5 Vermilyea p. vii- p5. Possible Guest	Suffering Paper Due
<b>2/27</b>	Distress Reduction & Affect Regulation Training	Briere, Chapter 6 Vermilyea p. 21-41	Tool Demo
3/5	Discussion of EMDR	Shapiro—all	
<b>3/12</b>	Cognitive Interventions The Body Keeps the Score	Briere, Chapter 7 Vermilyea p. 43-68 van der Kolk, Ch. 1-7	Tool Demo
<b>3/19</b>	Spring Break		
<b>3/26</b>	Emotional Processing	Briere, Chapter 8 Vermilyea p.69-79 van der Kolk, Ch. 8	Tool Demo
<b>4/2</b>	Increasing Identity & Relational Functioning	Briere, Chapter 9 Vermilyea p. 80-102 van der Kolk, Ch. 9-10	Tool Demo
4/9	Mindfulness in Trauma Treatment	Briere, Chapters 10 Vermilyea p. 105-138 van der Kolk, Ch. 11-12	Tool Demo
<b>4/16</b>	Treating the Effects of Acute Trauma	Briere, Chapters 11 Vermilyea p. 142-180 van der Kolk, Ch. 13, 14, 15, 16	Tool Demo
<b>4/23</b>	Psychobiology & Psychopharmacology of Trauma	Briere, Chapter 12 van der Kolk, Ch. 17, 18, 19, 20	Research Paper Due
4/30	Managing Vicarious Traumatization/ Faith Communities and Healing		Tool Demo
5/7	The Impact of Crisis and Trauma on Marriages, Couples, and Families		Tool Demo
<b>5/14</b>	Final Exam: 9-11 am		

### Selected Bibliography

- Chu, J. A. (2011). *Rebuilding shattered lives: Treating complex PTSD & dissociative disorders*. NJ: John Wiley & Sons.
- Courtois, C. A., & Ford, J. D. (2013). *Treatment of complex trauma: A sequenced, relationship-based approach*. NY, NY: The Guilford Press.
- Curran, L. (2013). *101 trauma informed interventions: Activities, exercises and assignments to move the client and therapy forward*. Eau Claire, WI: Premier Publishing Media.
- Day, J. H., Vermilyea, E., Wilkerson, J., & Giller, E. (2006). *Risking connection in faith communities: A training curriculum or faith leaders supporting trauma survivors*. MD: Sidran Institute Press.
- Gibbs, D. (2017). *Becoming resilient: How to move through suffering and come back stronger*. Grand Rapids, MI: Revel.
- Heller, L., Lapierre, A. (2012). *Healing developmental trauma: How early trauma affects self-regulation, self-image, and the capacity for relationship*. CA: North Atlantic Books.
- Ritual Abuse: Definitions, Glossary, The use of mind control. Report of the ritual abuse task force. Lose Angeles, CA: Los Angeles County Commission for Women, March 15, 2009. Can be accessed at <http://ritualabuse.us/ritualabuse/articles/>
- Russell, M. C., & Figley, C.R. (2012). *An EMDR practitioner's guide to treating traumatic stress disorders in military personnel*. NY, NY: Routledge.
- Shapiro, F. *Eye movement desensitization and reprocessing (EMDR): Basic principles, protocols, and procedures*. 2<sup>nd</sup> ed. New York, NY: The Guilford Press.
- W., A. T. (2004). *Got parts? An insider's guide to managing life successfully with dissociative Identity disorder*. Ann Arbor, MI: Love Healing Press.
- Waddell, M. C., & Orr, K. K. (2013). *Wounded warrior, wounded home: Hope for families living with PTSD and TBI*. Grand Rapids, MI: Revell.

### Signature Assignments

Assignment	Description	Percentage/Points	Due Date
N/A			

### Key Performance Indicators

Key Performance Indicator	Learning Experiences	Assessments
N/A		