



PSYC6349: Trauma: Theories and Therapies

Spring 2016

Division of Church and Community Ministries

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The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.

Purpose of Course

The purpose of this course is to provide understanding of the impact of trauma and training in various treatment modalities to enhance a student's potential to respond effectively and redemptively to persons struggling with emotional, relational, and/or spiritual problems related to trauma.

Our Core Values

The seminary has five core values. This course supports the five core values of the seminary.

Doctrinal Integrity: Knowing that the Bible is the Word of God, we believe it, teach it, proclaim it, and submit to it. Our confessional commitments are outlined in the "Articles of Religious Belief" and the "Baptist Faith and Message 2000."

Spiritual Vitality: We are a worshiping community emphasizing both personal spirituality and gathering together as a Seminary family for the praise and adoration of God and instruction in His Word.

Mission Focus: We are not here merely to get an education or to give one. We are here to change the world by fulfilling the Great Commission and the Great Commandments through the local church and its ministries.

Characteristic Excellence: What we do, we do to the utmost of our abilities and resources as a testimony to the glory of our Lord and Savior Jesus Christ.

Servant Leadership: We follow the model of Jesus and exert leadership and influence through the nurture and encouragement of those around us.

The Core Value Focus for this academic year is Mission Focus. Students will be challenged to see how they can participate in God's redemption of the world by helping individuals heal from the effects of trauma.

Curriculum Competencies Addressed

NOBTS faculty members realize that all ministers need to develop specific competencies if they are going to have an effective ministry. To increase the likelihood of NOBTS graduates having an effective ministry, the faculty developed a competency-based curriculum after identifying seven essential competencies necessary for effective ministry. All graduates are expected to have at least a minimum level of competency in all of the following seven areas:

Biblical Exposition: To interpret and communicate the Bible accurately.

Christian Theological Heritage: To understand and interpret Christian theological heritage and Baptist polity for the church.

Disciple Making: To stimulate church health through mobilizing the church for missions, evangelism, discipleship, and church growth.

Interpersonal Skills: To perform pastoral care effectively, with skills in communication and conflict management.

Servant Leadership: To serve churches effectively through team ministry.

Spiritual and Character Formation: To provide moral leadership by modeling and mentoring Christian character and devotion.

Worship Leadership: To facilitate worship effectively.

The curriculum competencies addressed in this course are:

- 1. Biblical exposition:** This course challenges students to identify biblical principles that are foundational in dealing with trauma.
- 2. Effective servant leadership:** This course empowers students to adapt a servant position in their work with clients.
- 3. Interpersonal relationships:** This course enhances awareness of the student of the need to be able to use different methodologies with people who have distinctive needs, as well as the influence of traumatic experiences on the health of relationships.
- 4. Disciple making:** This course introduces the student to the element of "walking along with" their clients in discovering solutions for their problems.
- 5. Spiritual and character formation:** This course challenges students to apply the biblical teachings about suffering and trauma to their own life experiences, and the place of these experiences in their own character formation.

Course Catalog 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.

Student Learning Outcomes

After completing this course, students will:

- A. Cognitive Objectives:
 - 1. become familiar with the basic literature on trauma, posttraumatic stress disorder, and resilience.
 - 2. have explored the impact of trauma from a cognitive, spiritual, neurobiological/physiological, and socio-cultural perspective.
 - 3. have a basic working knowledge of trauma, the stages of trauma, and knowledge of basic strategies for treating trauma victims.
 - 4. have examined and be familiar with the most current evidence-based practices in trauma for treating adults, adolescents and children who have experienced trauma.
- B. Affective Objectives:
 - 1. increase in appreciation for God's innate provisions for coping with overwhelming trauma.
 - 2. recognize the value of the safe relationship in bringing healing to trauma survivors.
 - 3. recognize the healing role the church and ministers can play in the lives of trauma survivors.
- C. Behavioral Objectives:
 - 1. be able to select interventions to help bring healing to someone with the effects of trauma.
 - 2. will have explored and developed a personal response about theological concepts regarding trauma in the lives of people.

Textbooks

Briere, J. N., & Scott, C. (2014). *Principles of trauma therapy: A guide to symptoms, evaluation, and treatment*. CA: Sage Publications.

Eareckson Tada, J. (2010). *A place of healing: Wrestling with the mysteries of suffering, pain, and God's sovereignty*. David Cook.

Tracy, S. R. (2009). *Mending the soul: Understanding and healing abuse*. MI: Zondervan Publishing.

van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. NY: Penguin Group.

Vermilyea, E. G. (2013). *Growing beyond survival: A self-help toolkit for managing traumatic stress*, 2nd ed.. NC: The Sidran Institute.

Course Requirements

1. Complete all assigned reading/class exercises:

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.

2. Attendance: 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.

3. Suffering Paper:

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.

Due Feb 18.

4. Research Paper:

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.

Due April 28.

5. Final Exam:

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.

Due May 12.

Course Assignment Evaluation Percentages

1. Reading Report	20%
<i>Due at start of each class</i>	
2. Class Participation/Attendance	10%
3. Suffering Paper	20%
<i>Due Feb 18</i>	
4. Research Paper	30%
<i>Due Apr 28</i>	
5. Final Exam	20%
<i>Due May 12</i>	

Course Policies

Reading Assignments

Students are responsible for completing all reading assignments.

Professor's Policy on Late Assignments

All work is due on the assigned date in the syllabus. The grade for late assignments will automatically be reduced by one letter grade for each class day after the due date.

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.

Help for Writing Papers at "The Write Stuff"

This is the official NOBTS Writing Center online help site for writing academic papers and essays. <http://www.nobts.edu/writing/default.html> 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.

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.

Plagiarism on Written Assignments

NOBTS has a no tolerance policy for plagiarism. Please be aware that plagiarism in certain cases may result in expulsion from the seminary. Refer to the NOBTS Student Handbook <http://www.nobts.edu/resources/pdf/student-services/NOBTSHandbook.pdf> where the definition, penalties and policies associated with plagiarism are clearly defined.

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.

Extra Credit

Extra credit assignments may be initiated by the student and must be pre-approved by the instructor.

Blackboard and ITC Technical Support

Blackboard is the instructional platform used in this class. Please make sure that your contact information is accurate and up-to-date. If you need assistance accessing Blackboard, Selfserve, or other technical support, please contact the Information Technology Center (Hardin Student Center 290 or call **504.816.8180**). Here are other helpful links to ITC assistance.

- Selfserve@nobts.edu - Email for technical questions/support requests with the Selfserve.nobts.edu site (Access to online registration, financial account, online transcript, etc.)
- BlackboardHelpDesk@nobts.edu - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System NOBTS.Blackboard.com.
- ITCSupport@nobts.edu - Email for general technical questions/support requests.
- www.NOBTS.edu/itc/ - General NOBTS technical help information is provided on this website.
- For Student Assistance in using Blackboard, visit: [Student Bb Help](#)

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.

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](#).

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.

Course Schedule

Date	Topic for Class	Reading Assignment	Other Assignments
1/21/16	Overview of Class Introduction: What is Trauma The Effects of Trauma		
1/28/16	Assessing Trauma & Posttraumatic Outcomes	Briere, Ch. 1-3 Vermilyea p. 6-17	
2/4/16	A Place of Healing	Complete Eareckson	
2/11/16	A Christian Perspective: Mending the Soul	Complete Tracy	
2/18/16	Central Issues in Trauma Treatment Psychoeducation	Briere, Chapter 4-5 Vermilyea p. vii- p5.	Suffering Paper Due
2/25/16	Distress Reduction & Affect Regulation Training	Briere, Chapter 6 Vermilyea p. 21-41	Tool Demo
3/3/16	The Body Keeps the Score	van der Kolk, Ch. 1-3	
3/10/16	The Body Keeps the Score	van der Kolk, Ch. 4-6	
3/17/16	Spring Break		
3/24/16	Cognitive Interventions	Briere, Chapter 7 Vermilyea p. 43-68 van der Kolk, Ch. 7	Tool Demo
3/31/16	Emotional Processing	Briere, Chapter 8 Vermilyea p.69-79 van der Kolk, Ch. 8	Tool Demo

4/7/16	Increasing Identity & Relational Functioning	Briere, Chapter 9 Vermilyea p. 80-102 van der Kolk, Ch. 9-10	Tool Demo
4/14/16	Mindfulness in Trauma Treatment	Briere, Chapter 10 Vermilyea p. 105-138 van der Kolk, Ch. 11-12	Tool Demo
4/21/16	Treating the Effects of Acute Trauma	Briere, Chapter 11 Vermilyea p. 142-180 van der Kolk, Ch. 13, 14, 15, OR 16	Tool Demo
4/28/16	Psychobiology & Psychopharmacology of Trauma	Briere, Chapter 12 van der Kolk, Ch. 17, 18, 19, OR 20	Research Paper Due
5/5/16	Managing Vicarious Traumatization/ Faith Communities and Healing		
5/12/16	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 for faith leaders supporting trauma survivors*. MD: Sidran Institute Press.
- 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. Los 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*. 2nd 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.

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/studentservices, email us at studentservices@nobts.edu, or call the Dean of Students office at 800-662-8701, ext. 3283. We are glad to assist you!

Need	Email	Phone	Web Page
Advising – Graduate Program	studentservices@nobts.edu	504.282.4455 x3312	www.nobts.edu/registrar/default.html#advising
Advising – Undergraduate Program	lcadminasst@nobts.edu	504.816.8590	www.nobts.edu/LeavellCollege
Church Minister Relations (for ministry jobs)	cmr@nobts.edu	504.282.4455 x3291	www.nobts.edu/CMR
Financial Aid	financialaid@nobts.edu	504.282.4455 x3348	www.nobts.edu/financialaid
PREP (help to avoid student debt)	Prepassistant1@nobts.edu	504.816.8091	www.nobts.edu/prep
Gatekeeper NOBTS news	pr@nobts.edu	504.816.8003	nobtsgatekeeper.wordpress.com
Information Technology Center	itcsupport@nobts.edu	504.816.8180	selfserve.nobts.edu
Help with Blackboard	blackboardhelpdesk@nobts.edu	504.816.8180	nobts.blackboard.com
Library	library@nobts.edu	504.816.8018	www.nobts.edu/Library
Online library resources	library@nobts.edu	504.816.8018	http://www.nobts.edu/research-links/default.html
Writing and Turabian style help	library@nobts.edu	504.816.8018	http://www.nobts.edu/writing/default.html
Guest Housing (Providence Guest House)	ph@nobts.edu	504.282.4455 x4455	www.provhouse.com
Student Counseling	lmccc@nobts.edu	504.816.8004	www.nobts.edu/studentservices/counseling_services.html
Women’s Programs	womensacademic@nobts.edu	504.282.4455 x3334	www.nobts.edu/women

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 –



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