

## Introduction to Trauma-Informed Approaches

: PSY 420

This course provides an overview of trauma-informed approaches, covering the types of trauma experienced, the impact of trauma on individuals, and principles of trauma-informed care. Trauma-specific interventions covered may include, but are not limited to, the addiction and trauma recovery integration model, the sanctuary model, the trauma, addiction, mental health and recovery model, and the trauma recovery and empowerment model.

Understand trauma and its impact on individuals.

: The student will:

- A-1 Examine the neurobiology of psychological trauma and explain the link between trauma and the developing brain.
- A-2 Develop a working definition for trauma and the trauma-informed approach.
- A-3 Examine research, including the ACEs study, which shows correlations between early childhood experiences and later life health and well-being and the "pair of ACEs" which illustrate the relationship between adversity within a family and adversity within a community.
- A-4 Explain vicarious and secondary trauma and how situations may inadvertently trigger trauma-inducing reactions to people who have experienced or are experiencing trauma in their lives.

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Understand how to build resilience in and strengthen connections with others, e.g., clients/customers, friends, family, colleagues.



Recognize trauma-informed interventions as part of a trauma-informed approach for a variety of human services.

: The student will:

E-1 Examine a variety of trauma-specific interventions that have been used extensively in public system settings, including the Sanctuary Model, Risking Connections, TREM, Seeking Safety, TAMAR, and others in the criminal justice system, education, and general health care.

E-2

Demonstrate written and oral communication skills which are trauma-informed.

: The student will:

- H-1 Write with clarity and precision using correct English grammar mechanics (punctuation) and usage (sentence structure and vocabulary), using trauma-informed language.
- H-2 Exhibit competence in writing for specific purposes, diverse audiences, and genres.
- H-3 Correctly and ethically compose scholarly writings about trauma-informed approaches, utilizing the selected citation and writing style deemed appropriate for the student's program of study.
- H-4 Communicate clearly, concisely, and appropriately about customizing the application of trauma-informed approaches within systems of service.
- H-5