

HSS106.7 Trauma Informed Care

Name of Unit 1 (Unit Code 1)
Trauma Informed Care (HSS106.7)

SECTION 1 – GENERAL INFORMATION

Administrative details

Associated higher education awards <i>(list all awards)</i>	Duration	Level <i>(for example, introductory, intermediate, advanced level, 1st year, 2nd year, 3rd year)</i>	Unit Coordinator <i>(incl. academic title)</i>
Bachelor of Counselling	One semester	3rd Year Level 7	Ilona Potter or approved Adjunct Lecturer

Core or elective unit

Indicate if the unit is a

- core unit
 elective unit
 other (please specify below):

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Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

Unit credit points	Total course credit points
6 credit points	144 credit points

Student workload

Using the table below, indicate the expected student workload per week for this unit.

No. timetabled hours per week	No. personal study hours per week	Total workload hours per week
3	6	9

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support: 0 hours per week

Pre-requisites and co-requisites

Are students required have undertaken a prerequisite or co-requisite unit for this unit?

- Yes No

SECTION 2 – ACADEMIC DETAILS**Brief description of the content of the unit**

This unit introduces students to the core principles underpinning trauma informed care. Course content will cover neurobiological, psychological and somatic aspects of trauma and current models of therapeutic intervention. Workshops provide opportunities for students to develop the practical skills necessary to facilitate psychological safety and stability, work therapeutically with traumatised clients and practice self-care as an integral factor in the prevention of vicarious trauma as a people helper.

Learning outcomes for the unit

- 1) Explain the theoretical, psychological and neurobiological concepts underpinning self-care, attachment, effects of trauma and trauma-informed care.
- 2) Identify autonomic nervous system hypo/hyper arousal and effectively implement strategies to facilitate psychological safety and stability when working with clients and for the purposes of personal self-care.
- 3) Critically analyse (and discriminate between) current approaches to working with trauma and integrate theoretical knowledge into therapeutic practice with clients.

Assessment tasks

Type	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
<p>Self-care, Safety & Stabilisation Plan Part A: Written Paper (1000 words)</p> <p>Students will apply personally their understanding of the autonomic nervous system, identifying their own window of tolerance and symptoms of hypo/hyper arousal. They will prepare a plan for their own psychological and emotional self-care as a people helper.</p> <p>Part B: Practicum (10 mins - 500 words equiv.)</p> <p>Students will demonstrate the ability to facilitate safety and stabilisation by working with another student. Reflecting on this process, they will develop a strategy for assisting the client to attain and maintain stabilisation, with reference to trauma theory and practice guidelines.</p> <p>1500 word equivalent</p>	1, 2 & 3	Week 10	30%
<p>Case Study</p> <p>Students will analyse 2 case studies provided, developing a working hypothesis and treatment plan, informed by both trauma theory and practice guidelines.</p> <p>2000 words</p>	1, 2 & 3	Week 7	40%
<p>Master Class Presentation</p> <p>Students will research a topic of special interest related to working as a counsellor within the field of trauma, and present a summary of findings to the class that includes theoretical knowledge, critical analysis of relevant studies, implications for practice and practical applications.</p> <p>1500 word equiv.</p>	1 & 3	Week 13	30%

2.1 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

Required textbooks

Kezelman, C., & Stavropoulos, P. (2019). *Practice guidelines for treatment of complex trauma and trauma informed care and service delivery*. <https://www.blueknot.org.au/Resources/Publications/Practice-Guidelines/Practice-Guidelines-2019>

Recommended reference list:

Briere, J., & Scott, C. (2015). *Principles of trauma therapy*. Sage Publications.

Fisher, J. (2017). *Healing the fragmented selves of trauma survivors: Overcoming internal self-alienation*. Routledge.

Ogden, P. (2013). *The body as a resource: A therapist's manual to sensorimotor psychotherapy*. Norton.

Rothschild, B. (2000). *The body remembers*. Norton.

Rothschild, B. (2017). *The body remembers volume 2: Revolutionizing trauma treatment*. Norton.

Shapiro, R. (2010). *The trauma treatment handbook*. Norton.

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

Recommended journals:

Journal of Loss and Trauma

Journal of Traumatic Stress

Psychological Trauma: Theory, Research, Practice and Policy