

UNIT OUTLINE FOR HSS106.8 TRAUMA INFORMED CARE

Name of Unit 1 (Unit Code 1)
Trauma Informed Care (HSS106.8)

SECTION 1 – GENERAL INFORMATION

1.1 Administrative details

Associated higher education awards <i>(for example, Bachelor, Diploma)</i>	Duration <i>(for example, one semester, full year)</i>	Level <i>(for example, introductory, intermediate, advanced level, 1st year, 2nd year, 3rd year)</i>	Unit Coordinator <i>(incl. academic title)</i>
GradCertCouns, GradDipCouns, MCP	One semester	Advanced	Ilona Potter

1.2 Core or elective unit

Indicate if the unit is a

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

Elective for GradCertCouns
Core for GradDipCouns and MCP

1.3 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 <i>Example: 10 credit points</i>	Total course credit points <i>Example: 320 credit points</i>
6	24 / 48 / 96

1.4 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***
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3	7	10
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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

1.5 Delivery mode

Tick all applicable delivery modes for the unit:

- Face to face on site
- e-learning (online)
- Intensive (provide details)

See Delivery Mode guidelines.

- Block release (provide details)

- Work-integrated learning activity
- Mixed/blended
- Distance/independent learning (untimetabled)
- Full-time
- Part-time
- External
- Fast track (provide details)

- Other (please specify)

1.6 Pre-requisites and co-requisites

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

Yes No

If **YES**, provide details of the prerequisite or co-requisite requirements below.

HSC200.8 Counselling Skills (prerequisite)
HSC201.8 Introduction to Counselling Theory (prerequisite)

1.7 Other resource requirements

Do students require access to specialist facilities and/or equipment for this unit (for example, special computer access, physical education equipment)?

Yes No

If **YES**, provide details of specialist facilities and/or equipment below.

SECTION 2 – ACADEMIC DETAILS

2.1 Unit Descriptor

Provide below a brief unit description, which includes a summary of the key content of the unit.

This unit introduces students to the core principles underpinning trauma informed care and specialised trauma assessment and counselling. Course content will cover neurophysiological, psychological, and somatic aspects of trauma and current models of therapeutic intervention. This foundation in trauma theory will supply a framework that will guide the formation of strategies to assist clients to attain and maintain stabilisation. Students will be given the opportunity to develop the practical skills necessary to facilitate psychological safety and stability, use trauma informed principles when working therapeutically with traumatised clients and practice self-care as an integral factor in the prevention of vicarious trauma.

2.2 Learning Outcomes for Unit

Learning outcomes for unit:

1. Analyse post-traumatic stress disorder (PTSD), complex PTSD, and trauma informed care through the theoretical lenses of neurophysiology, psychology and attachment theory
2. Differentiate between varying levels of autonomic nervous system arousal for the purposes of facilitating psychological safety and stability when working with clients and personal self-care
3. Critically analyse how current approaches to working with trauma inform therapeutic practice with clients

Assessment tasks

Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
<i>(see examples noted below this table)</i>		<i>(for example, year 1, semester 1, week 1)</i>	<i>(% of total marks for unit)</i>
1. Essay	1, 2 & 3	Week 4	30%

<p>Analyse post-traumatic stress disorder, complex post-traumatic stress disorder, and the key principles of trauma informed care using the lenses of neurophysiology, psychology and attachment theory.</p> <p>1500 words</p>			
<p>2. Self-care plan and practical demonstration of safety/stabilisation work.</p> <p>Total word equivalent: 1500 Part A: Self-care Plan (15%) (1000 words)</p> <p>Students will prepare a written plan for their ongoing wellbeing that differentiates between varying levels of autonomic nervous system arousal, incorporates specific self-care strategies to use when working face-to-face with people, and includes general wellbeing strategies for daily life. Students will identify specific, personal vulnerability factors requiring awareness and attention as part of their self-care plan.</p> <p>Part B: Practical demonstration of safety/stabilisation facilitation. (20%) (Equivalent to 1000 words)</p> <p>Students will demonstrate the ability to facilitate safety and stabilisation with another person by differentiating between indicators of varying levels of autonomic nervous system arousal, facilitating and evaluating the most effective regulatory interventions, and reflecting on this process, to formulate a strategy for assisting the client to attain and maintain stabilisation.</p> <p>Total words 2000</p>	2, 3	Week 7	35%
<p>Case Study</p> <p>Students will critically analyse 2 case studies provided, formulating a hypothesis and plan for counselling intervention informed by trauma theory, research and</p>	1, 2, 3	Week 10	35%

practice guidelines, including any specific contra-indications. 2000 words			
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* Examples of types of assessment tasks include: assignments; examinations; group projects; online quiz/test; presentations; work-based projects; and reflective journals. Ensure that details of the types of assessment tasks are included such as specific topics, duration/length/word limit of assessment, and any specific formats.

2.3 Prescribed and recommended readings

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

<p>Required Textbook</p> <hr/> <p>Kezelman, C., & Stavropoulos, P. (2019). <i>Practice guidelines for treatment of complex trauma and trauma informed care and service delivery</i>. Blue Knot Foundation. https://www.blueknot.org.au/Resources/Publications/Practice-Guidelines/Practice-Guidelines-2019</p>
<p>Recommended Reference List</p> <hr/> <p>Briere, J., & Scott, C. (2015). <i>Principles of trauma therapy</i>. Sage Publications.</p> <p>Courtois, C.A. & Ford, J.D. ed. (2020) <i>Treating Complex Traumatic Stress Disorders: Scientific Foundations and Therapeutic Models</i>. The Guilford Press.</p> <p>Fisher, J. (2017). <i>Healing the fragmented selves of trauma survivors: Overcoming internal self-alienation</i>. Routledge.</p> <p>Harris, R. (2021). <i>Trauma-focussed ACT. A practitioner's guide to working with mind, body and emotion using Acceptance and Commitment Therapy</i>. New Harbinger Publications.</p> <p>Levine, P. (2015) <i>Trauma and Memory</i>. North Atlantic Books.</p> <p>Ogden, P. (2015) <i>Sensorimotor psychotherapy: Interventions for trauma and attachment</i>. Norton.</p> <p>Ringel, S., & Brandell, J. (2020) <i>Trauma: Contemporary Directions in theory, practice and research</i>. Sage</p> <p>Rossen, E., & Hull, R (Eds.) (2020). <i>Supporting and educating traumatized students: A guide for school-based professionals</i>. Oxford.</p> <p>Rothschild, B. (2021). <i>The body remembers: Revolutionizing trauma treatment (Vol. 2)</i>. Norton.</p> <p>Schwarz, L., Corrigan, F. et al (2017) <i>The Comprehensive Resource Model: Effective therapeutic techniques for the healing of complex trauma</i>. Routledge.</p> <p>Van der Kolk, B. (2015). <i>The body keeps the score: Brain, mind and body in the healing of trauma</i>. Penguin Books.</p>
<p>Recommended Journals</p>

Journal of Loss and Trauma

Journal of Traumatic Stress

Psychological Trauma: Theory, Research, Practice and Policy