TSC - TRAUMA STUDIES

Credit Hour *ratios represent full term, weekly hours, where the first digit represents the weekly lecture hour, the second digit represents the weekly lab/studio hour, and the third digit represents credits.*
For example, a typical 3 credit lecture course will be displayed as: ***3-0-3****. More information is available on the* Catalog - Credit Hour page *(*https://catalog.dccc.edu/courses/credit-hour-ratio/*).*

TSC 230 Recognizing Trauma
This course provides students with a foundation in understanding trauma. Multiple cross-cultural definitions of trauma will be considered. The course explores the causes of trauma, including but not limited to domestic and community violence, mass shootings, school shootings, war, sexual assault and harassment, child sexual abuse, physical abuse, neglect, accidents, natural disasters, suicide, and other traumatic loss. Students will understand the symptoms related to traumatic reactions, across physical, neurobiological, cognitive, behavioral, emotional, social, and developmental domains. Techniques for hypothetically assessing trauma will be explored. NOTE: Pre-Requisite: In addition to PSY 140, students must have completed at least one Trauma Studies program elective.
Upon successful completion of this course, students should be able to:

- *Define trauma through various cross-cultural perspectives.*
- *Identify primary causes of trauma.*
- *Recognize the symptoms associated with traumatic reactions.*
- *Examine rates of different types of trauma and identify reliable sources for current data.*
- *Develop a hypothetical plan for trauma assessment.*
- *Demonstrate proficiency in accessing, interpreting, and communicating findings from trauma-related research.*

Prerequisite: PSY 140 and at least one Trauma StudiesRelated course from Trauma Studies Certificate.
3 Credits 3-0-3

TSC 236 Trauma Outcomes and Societal Response
This course provides students with an understanding of traumatic reactions to prepare professionals to respond to those suffering after a traumatic event compassionately and effectively, across clinical and non-clinical settings, so that interventions support prevention, resilience, and treatment. Common trauma outcomes will be discussed. Clinically, diagnosis and treatment options will be reviewed with an emphasis on crisis intervention and evidence-based treatments. Non-clinically, trauma-sensitive considerations and interventions will be discussed systemically, across families, communities, and the workplace. Legal and ethical issues surrounding trauma will be reviewed. The course will highlight protective and risk factors that increase/decrease traumatic reactions and review the experiences of posttraumatic growth and resiliency in the face of trauma. Students will understand the potential of shock, desensitization, burnout, vicarious trauma, and compassion fatigue among professionals and will be able to recognize the importance of professionals' self-care.
Upon successful completion of this course, students should be able to:

- *Recognize common trauma outcomes.*
- *Identify clinical diagnostic options and evidence-based clinical prevention and intervention strategies.*
- *Non-clinically, recognize trauma-sensitive considerations across systems and related legal and ethical issues.*
- *Highlight protective and risk factors for trauma.*
- *Relate traumatic reactions to posttraumatic growth and resiliency.*
- *Recognize vicarious trauma and compassion fatigue and the importance of helpers' self-care.*

Prerequisite: TSC 230.
3 Credits 3-0-3