



# UNIVERSITY OF MICHIGAN

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## School of Social Work

SW 790 - 13 – Advanced Skills in Interpersonal Practice

*Current Treatments for Trauma Survivors*

June 10 and 17, 2016 9:00 am – 5:00 pm

SSWB 2752

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### **Course Description:**

The purpose of this mini-course is to gain a holistic understanding of the impact of trauma on functioning across the lifespan and to acquire basic skills in assessment and treatment of trauma necessary for clinical social work practice. The effects of trauma and traumatic stress can be profound whether the trauma was a single episode/event or was experienced over a period of time. Trauma impacts many components of overall development and health including but not limited to an individual's attachment, cognition, emotion regulation, dissociation, and ability to self-regulate and self-soothe.

The first day of the course will focus on both developing a framework for understanding the way that traumatic events shape people over time as well as learning to assess for traumatic stress. We will draw on knowledge from the fields of attachment, neurobiology, and child development as well as data from current studies such as the ACE study. Special attention will be given to the way that discrimination, community- and system-level traumas impact individuals. We will examine the classifications of trauma- and stressor-related disorders in the DSM-5.

The second day of the course will focus on building skills for interventions with clients. We will review the existing evidence base for interventions for PTSD as well as traumatic stress more generally. There will be special emphasis given to skills in mindfulness, self-regulation/self-soothing, establishing safety, and working with trauma narratives.

### **Course Objectives:**

Each participant in the course can expect to leave with an enhanced ability to engage in trauma-sensitive assessments, to understand the impact of trauma across the lifespan, to implement trauma-informed interventions, and to build resilience for secondary traumatic stress.

Upon completion of the course, students will be able to:

- (1) Describe the neurobiological response to trauma
- (2) Identify the ways in which complex trauma, attachment disruptions, and developmental traumas impact the developing child

- (3) Implement strategies for assessing for trauma exposure and traumatic stress
- (4) Recognize and care for vicarious trauma
- (5) Provide basic interventions to address traumatic stress

**Attendance:**

Attendance at the complete mini-course is required for a satisfactory grade.

**Grading:**

This course is graded on a pass/fail basis and will be based on both participation and assignment completion. All students are expected to actively participate in class.

**Assignments:**

All assigned readings, supplementary readings, and details on assignments can be found on Canvas. In addition to completing the readings, there will be three additional assignments:

- (1) Quiz on neurobiology – completed in class on June 10
- (2) Podcast summary and write-up – completed outside of class and turned in by June 17 at 9:00 am
- (3) Clinical vignette – due June 20 by 11:59 pm

**Readings and Topics:**

<p><u>Day One: June 10</u>  <i>Impact of Trauma</i>  <i>Trauma and the DSM-5</i>  <i>Trauma Assessment</i></p> <p><b>Readings</b> (to be completed before the start of class)</p> <ul style="list-style-type: none"> <li>• <i>Mindsight</i> by Dan Siegel, M.D. Chapter 8: Prisoners of the Past</li> <li>• <i>Complex Trauma</i> White Paper by Cook, et al</li> <li>• <i>The Body Keeps the Score</i> by Bessel van der Kolk, M.D. Chapter 4: Running for Your Life – the Anatomy of Trauma</li> <li>• <i>Invisible Heroes: Survivors of Trauma and How They Heal</i> by Belleruth Naperstak Chapter 7: The Emotional Effects of Trauma Chapter 8: The Behavioral Effects of Trauma</li> </ul>	<p><u>Day Two: June 17</u>  <i>Vicarious Trauma</i>  <i>Caring for Self while Caring for Others</i>  <i>Interventions for Traumatic Stress</i></p> <p><b>Readings</b> (to be completed before the start of class)</p> <ul style="list-style-type: none"> <li>• <i>Stabilization in the Treatment of Trauma</i> by Janina Fisher</li> <li>• <i>Trauma Stewardship</i> by Laura van Dernoot Lipsky Chapter 4: The 16 Warning Signs of Trauma Exposure Response</li> <li>• <i>Treating Self-Destructive Behaviors in Trauma Survivors</i> by Lisa Ferentz Chapter 2: Working with Trauma Survivors – the Strength-Based Approach</li> <li>• <i>Trauma-Focused CBT for Youth with Complex Trauma</i> by Cohen, et al</li> </ul>
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**Accommodations for Students with Disabilities:**

If you need an accommodation for a disability, please let me know. We can work with the office of Services for Students with Disabilities (SSD) to help us determine appropriate accommodations. Any information you provide is private and confidential and will be treated as such. For more information, please contact the Services for Students with Disabilities Office at G664 Haven Hall (734) 764-3000, (734) 615-4461 (TDD), (734) 619-6661 (VP) or email [ssdoffice@umich.edu](mailto:ssdoffice@umich.edu)