

## UNIT INFORMATION

UNIT CODE	TR552	
UNIT NAME	Trauma Counselling III	
ASSOCIATED HIGHER EDUCATION AWARDS	Master of Counselling	
DURATION	One semester	
LEVEL	Level 9	
UNIT COORDINATOR	Toni Neil	
TEACHING STAFF	Toni Neil	
CORE / ELECTIVE	Elective	
WEIGHTING	Unit credit points	10 (0.125 EFTSL)
	Course credit points	240 (3.0 EFTSL)
DELIVERY MODE	Face to face	
STUDENT WORKLOAD	<i>External</i>	
	Discussion with supervisor	10 hours
	Reading and study	80 hours
	Assignment preparation	60 hours
	<b>TOTAL</b>	<b>150 hours</b>
	Student requiring additional English language support are expected to undertake an additional one hour per week.	
PREREQUISITES / COREQUISITES / RESTRICTIONS	<i>Prerequisites</i>	
	TR551 Trauma Counselling II	
	<i>Pre or corequisite</i>	
	CO667 Reflective Practice: Consolidating Foundations	

## RATIONALE

Some trauma presentations are more complex than others, particularly those resulting from trauma experienced in the context of the family. Working with the consequences of trauma experienced in childhood, especially developmental trauma, requires a more specialised approach than trauma that is less complex or chronic.

This unit provides the opportunity for students to explore the consequences of combined and cumulative traumas in the context of their practicum experience. Not all counsellors will choose to work with this clientele, so this unit is offered as an opportunity for those students who do want to focus particularly in this area to build on the knowledge and skills developed in the previous trauma counselling units and explore in depth a specific issue relevant to their interests and developing counselling practice in consultation with the unit coordinator and a seasoned practitioner with experience in the focus area.

## LEARNING DELIVERY PROCESS

This unit is offered in external mode to allow students to study at their own pace in consultation with the unit coordinator and their clinical supervisor as part of their practicum experience. As such, students need to be enrolled in one of the practicum units to enrol in this unit as the assessment tasks relate directly to their practicum experience.

Unit content will be negotiated between the unit coordinator and individual students based on the student's interests and practicum opportunities. Regular discussions with the unit coordinator throughout the semester a part of the time commitment for this unit. Apart from the that, the focus is on student-directed learning related to their topic of interest and applying this in practice in their practicum context.

## IMPORTANT STUDENT INFORMATION

Whilst studying counselling, students are often required to record demonstrations of their counselling skills and practice. When submitting written transcripts, reports, reflections or other work, you must ensure that the "client" (this may be a fellow student or another person) has been de-identified. Initials or pseudonyms may be used instead.

Your "client" should be made aware when consenting to the recording of sessions, that the recording and/or transcripts *may be* viewed by academic staff and study support staff.

**Students are required to only use initials of clients / peers / family / friends when they write their reflective papers / transcripts, etc.**

## STUDENT FEEDBACK

You will be given the opportunity to provide feedback on the unit throughout and at the of semester to enable us to continually improve the subject. Feedback from previous years has been vital in reshaping course and unit content, materials and assessments.

The Trauma Counselling units as a set have been restructured based on student enrolment patterns. This unit has been reviewed based on student enrolment patterns in previous semesters.

## CONTENT

To be negotiated with the unit coordinator and clinical supervisor.

## LEARNING OUTCOMES

On completion of this unit, students will have *demonstrated* that they have:

1. Applied a bio-psycho-socio-spiritual model to conceptualising, assessing and responding to complex trauma.
2. Developed specific skills and interventions for counselling clients with complex trauma.
3. Critically analysed the effectiveness of specific interventions for use with complex trauma.
4. Critically reflected on their use of self in trauma counselling, the potential for vicarious traumatisation and the importance of self-care.
5. Synthesised their knowledge, understanding and skills for conceptualising, assessing and counselling clients with unresolved trauma.
6. Communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation.

## ASSESSMENT TASKS

ALL LEARNING OUTCOMES MUST BE PASSED IN ORDER TO PASS THE UNIT.

### TASK 1: RESEARCH ESSAY

Research an area of interest related to one specific type of complex trauma. The essay is to include a discussion of theoretical understandings, prevalence, causative factors, effects, and evidence-based counselling interventions.

Word Length/Duration: 3,000 words  
 Weighting: 50%  
 Learning Outcomes: 1, 3, 5, 6  
 Assessed: Week 8  
 Method of Submission: Turnitin

### TASK 2: CASE STUDY REPORT

Write up a case study report of your work with a client you have been working with on your practicum, demonstrating your ability to work with someone who has experienced some form of complex trauma. The report is to include a case formulation, a description of the therapeutic approach, interventions and referral processes you have used with the client, a consideration of any ethical and/or legal issues inherent in the case, and a reflection on the progress of your work with this client.

Word Length/Duration: 2,500 words  
 Weighting: 50%  
 Learning Outcomes: 1-6  
 Assessed: Week 14  
 Method of Submission: Turnitin

## ASSESSMENT ALIGNMENT

Assessment Task	Learning Outcomes	Content	Course Outcomes	PACFA Course Objectives
Task 1	1, 3, 5, 6	N/A	K1, K2, K4, S1, S2, S5, S7, S8	A, B, G
Task 2	1-6	N/A	K1, K2, K4, S1, S2, S4, S5, S7, S8	A, B, C, D, E, I, J, K

## SPECIALIST FACILITIES OR EQUIPMENT

Nil.

## PRESCRIBED TEXTS

Courtois, C. & Ford, J. (Eds.). (2020). *Treating complex traumatic stress disorders: Scientific foundations and therapeutic models* (2<sup>nd</sup> ed.). Guilford.

## RECOMMENDED READINGS

### BOOKS

Allen, J. (2013). *Restoring mentalizing in attachment relationships: Treating trauma with plain old therapy*. American Psychiatric Publishing.

Courtois, C., & Ford, J. (2016). *Treatment of complex trauma: A sequenced, relationship-based approach*. Guilford.

- Frewen, P., & Lanius, R. (2015). *Healing the traumatised self: Consciousness, neuroscience, treatment*. Norton.
- Gingrich, H. (2013). *Restoring the shattered self: A Christian counselor's guide to complex trauma*. InterVarsity Press.
- Kezelman, C., & Stavropoulos, P. (2012). *The last frontier: Practice guidelines for treatment of complex trauma and trauma informed care and service delivery*. ASCA.
- Langberg, D. (2015). *Suffering and the heart of God: How trauma destroys and Christ restores*. New Growth Press.
- Matheiu, F. (2012). *The compassion fatigue workbook: Creative tools for transforming compassion fatigue and vicarious traumatization*. Routledge.
- Ogden, P., & Fisher, J. (2015). *Sensorimotor psychotherapy: Interventions for trauma and attachment*. Norton.
- Ross, C., & Halpen, N. (2009). *Trauma model therapy: A treatment approach for trauma dissociation and complex comorbidity*. Manitou Communications.
- Walker, D., Courtois, C., & Aten, J. (Eds.). (2015). *Spiritually oriented psychotherapy for trauma*. Norton.

## JOURNALS & PERIODICALS

*Developmental Neurobiology*  
*Journal of Child Sexual Abuse*  
*Journal of Interpersonal Violence*  
*Journal of Neuroscience*  
*Journal of Psychology and Theology*  
*Sexual Abuse: A Journal of Research and Treatment*  
*Traumatology*

## OTHER

In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).

These and other translations may be accessed free on-line at <http://www.biblegateway.com>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.

SAMPLE

