EDC 296L: Trauma and Crisis Counseling  
Draft of Syllabus for Spring of 2011

Course Description:
This course provides opportunities for both theory and skill development by examining crisis and trauma counseling, including crisis theory; multidisciplinary responses to crises, emergencies, or disasters; cognitive, affective, behavioral, and neurological effects associated with trauma; brief, intermediate and long-term approaches; assessment strategies for clients in crisis and principles of intervention for individuals with mental or emotional disorders during times of crisis, emergency, or disaster.

Expected Learning Outcomes:
EDC 296L Trauma and Crisis Counseling meets the pre-licensure requirements of the Board of Behavioral Sciences (BBS), and the learning outcomes of the competency based framework for the National Board of Certified Counselors (NBCC), and the Council for Accreditation of Counseling and Related Educational Programs (CACREP). Upon completion of this course, students will:

1. Be knowledgeable about the different theories of crisis theory; multidisciplinary responses to crises, emergencies, or disasters;
2. Be knowledgeable about cognitive, affective, behavioral, and neurological effects associated with trauma;
3. Be able to identify case management systems of care for the severely mentally ill, public and private services for the severely mentally ill, community resources for victims of abuse, disaster and trauma response, advocacy for the severely mentally ill and collaborative treatment;
4. Be familiar with community resources, including brief, intermediate and long-term approaches for trauma and crisis counseling;
5. Be knowledgeable about assessment strategies for clients in crisis and principles of intervention for individuals with mental or emotional disorders during times of crisis, emergency, or disaster.

Assessment:
The following learning activities and assessment strategies will be used: quizzes will serve as the objective assessment of knowledge, while the written assignments and related in-class and break-out group activities will serve to assess subjective applied competence.

COURSE READINGS:

  
  From Pearl Harbor to the events of September 11, 2001, to the ravages of Hurricane Katrina, tragedy can leave indelible scars. Intervention, as a clinical technique to combat the debilitating effects of stress that accompany crisis, is quickly becoming a social movement. Crisis Counseling and Therapy provides comprehensive instruction in the field with a systemic three-phase method that is simple and practical. This model can easily be incorporated into the clinician's practice to provide effective, strategic intervention.

  
  Provides guidance to mental health professionals on a variety of school-based crises. Key features of the book include a focus on both prevention and intervention and ongoing discussions of the research that underlies best practice. New chapters on bullying, sexual assault, natural disasters, eating disorders, and cultural considerations, the second edition of this highly popular Handbook provides a one-stop reference for mental health professionals who face a bewildering variety of school-based crises. Key features include a focus on both prevention and intervention and ongoing discussions of the research that underlies best practice.

  
  Integrates the diverse findings of cognitive behaviorists, relational and attachment theorists, and neurobiologists. This book bridges the divide between CBT oriented, evidence based practitioners and those who endorse a more humanistic relationship based approach to chronic traumas. The authors offer a
components based model for the delivery of trauma therapy that clearly illustrates how these two approaches can be compatible.

  Trauma-Focused Cognitive-Behavioral Therapy is a best-practice treatment for traumatized children and their families. This book describes this evidence-based treatment approach in a pragmatic manner that every clinician will appreciate. Provides extensive use of case examples and the answers to common clinical questions.

- **Essentials of Crisis Counseling and Intervention** (Essentials of Mental Health Practice) by Donald E. Wiger and Kathy J. Harowski (2003).
  Essentials of Crisis Counseling and Intervention offers practical, field-tested methods for dealing with traumatic and life-changing events. This manual presents useful strategies for crisis prevention, functioning effectively during a crisis, caring treatment approaches, and aftercare—and describes how to assess the extent to which a crisis has impacted an individual. Important legal aspects of crisis counseling are also highlighted—such as risk, suicidality, and documentation—as well as helpful details on how to prevent potential malpractice issues related to crisis intervention.

**COURSE ASSIGNMENTS & ACTIVITIES:**

- **Crisis & Trauma Resources File** Students will create a resource file that will cover a topic related to crisis or trauma that is of particular interest to the student. The resource file will include an overview of the identified topic, including how the problem is assessed and best practices for intervention/treatment; two current book references (one for the counselor and one for the client); one educational internet website which provides accurate and useful information for clients; one local referral source/agency that provides crisis intervention services (include a brief summary of its services).

- **Crisis & Trauma Research Report** Students will choose one specific crisis or trauma situation and prepare an in-depth research paper using scholarly sources of support. Include best practices of what to do, gentle reminders of what not to do, and any special concerns when counseling persons experiencing that particular crisis situation.

- **Personal Loss Time-Line** Students will draw a time-line depicting major life losses across the lifespan (coverage to include infancy-toddlerhood, early/middle childhood, early, middle, and/or late adulthood including experiences with dying, death and bereavement).

- **Interview with Widow/er** Students will write a two-page paper highlighting information discovered from conducting an interview with a person who has been widowed. Topics to explore include: experience of the grief process, major challenges faced, what has been helpful or not, and greatest perceived needs.

- **Cross-Cultural Interview** Students will write a two-page paper highlighting information discovered from conducting an interview with a person from another culture. Topics to explore include: cultural customs and rituals of the grief process, cultural response to rape and sexual abuse, culturally appropriate emotional expression in response to trauma, tragedy, provision for death, and culturally acceptable sources of intervention.

- **Crisis Intervention Paper** Students will integrate theoretical knowledge; analyze values, ethical dilemmas and professional use of the professional self; and demonstrate an understanding of theoretical models discussed in class text readings and explored in class. Students may choose a topic of interest that is crisis in nature and explore it fully.

- **Assessment & Intervention of Trauma Counseling** Students will describe how to apply a selected theoretical model and how it best applies to a national or global trauma situation. Students must demonstrate competence as a practitioner and should synthesize an understanding of the client’s experience of the trauma as well as an in-depth grasp of how to utilize the intervention model. The paper must also address any culture/ethnicity, gender, age, special circumstances, and/or sexual orientation issues that may relate to the issue chosen. In addition, please consider what ethics or value-based concerns may arise as related to the issue.

- **Quizzes** Students will complete 3 in-class, closed-book quizzes that will serve as objective assessments of knowledge.
POSSIBLE TOPICS & ACTIVITIES SCHEDULE:
Bridging the Past and Present to the Future of Crisis Intervention

Introduction to Crisis Assessment
Approach to Crisis Intervention
Procedures for Effective Crisis Intervention
Communicating Effectively with Those in Crisis

Triage Assessment Model
Potential Activity: Meeting with Victim Services Advocates at TVSA
Crisis Assessment Models
Using the Triage Assessment Form: Crisis Intervention
Special Issues & Populations
Children’s Reactions to Crises
Serving diverse ethnic groups and belief systems
Suicide
Lethality Assessment and Crisis Intervention w/ Persons Presenting with Suicidal Ideation

Trauma
Grief and Loss: Normative and Non-normative
Grief Therapy, and the Loss of Life
Crisis Intervention with Early Adolescents Who Have Suffered a Significant loss
Divorce: Cognitive–Behavioral and Constructivist Assessment and Treatment

Crisis of Addiction
Healthcare & Medical Crisis Intervention
Ethical and Legal Issues in Crisis Intervention - Codes of Ethics
School Crisis Intervention
School Crisis Intervention, Crisis Prevention, and Crisis Response
Crisis Intervention with School Violence Problems and Volatile Situations
Legal Implications of Crisis Intervention

Disasters & Community Crises & Trauma
The ACT Model: Assessment, Crisis Intervention, and Trauma Treatment in the Aftermath of Community National/Global Disaster and Terrorism Attacks
Disaster Mental Health: A Discussion of Best Practices as Applied After the Pentagon Attack

Crisis Response Teams (CRT)
Critical Incident Stress Management (CISM)

Comprehensive Community Services

Crisis and Violence in Public Settings
Innovations in Group Crisis Intervention: Critical Incident Stress Debriefing (CISD) and Critical Incident Stress Management (CISM)
Mobile Crisis Units: Frontline Community Mental Health Services
Comprehensive Crisis Intervention Models

Family Issues in Crisis Intervention
Traumatic Stressors
A Comprehensive Model for Crisis Intervention with Battered Women and Their Children
Crisis Intervention w/ Stalking Victims
Children’s Reactions to Crises

Research in Crisis Intervention
Acute Stress Disorder
Post Traumatic Stress Disorder
Differentiating among stress, acute stress disorder, crisis episodes, trauma and PTSD: Paradigm and treatment goals
The Crisis State Assessment Scale: Development and Psychometrics
Designs and Procedures for Evaluating Crisis Intervention

Burnout, Compassion Fatigue and Self Care
Intervener Survival
Crisis Intervention at College Centers
Crisis Support for Families of Emergency Responders