

PSY465 Psychology of Trauma: Theories and Applications

Level: 4

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

This course covers theories and research in the psychological and behavioural responses to trauma, and the current use of evidence-based psychological therapies alongside contemporary neurobiological approaches. Emphasis is placed on understanding the far-reaching effects of trauma in our societies, and ways to provide trauma-informed care within our social welfare, justice, hospital, and education systems. Students will appreciate why understanding trauma can build deeper and more meaningful relationships in our personal relationships and communities.

Topics:

- Introduction to Trauma
- Types of Traumatic Events
- Impact of Trauma: Traumatic Responses and Disorders
- Psychodynamic Perspectives of Trauma
- Cognitive Behavioural Perspectives of Trauma
- Attachment Perspectives of Trauma
- Neuroscience of Trauma
- Trauma-Specific Therapies
- Psychological First Aid
- Building Trauma-Informed Systems and Communities
- Trauma-Informed Care in Everyday Relationships
- Post-Traumatic Growth

Learning Outcome:

- Explain the various impacts of trauma and recognise how present behaviours and reactions may be mechanisms of coping
- Evaluate key theoretical perspectives and approaches in the study of trauma
- Analyse trauma-specific therapies and principles of trauma-informed care in managing trauma
- Identify trauma-related responses and coping mechanisms accurately across various contexts
- Analyse the different therapeutic approaches used in treating trauma
- Apply theoretical perspectives and therapy approaches to create trauma-informed systems

Assessment Strategies (Evening Class):

| Components | Description | Weightage Allocation (%) |
|-------------------------------|---------------------------|--------------------------|
| Overall Continuous Assessment | TUTOR-MARKED ASSIGNMENT 1 | 25 |
| | GROUP BASED ASSIGNMENT 1 | 25 |
| Overall Examinable | ECA | 50 |

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| Components | | |
| Total | | 100 |