

## **Certificate of Advanced Studies in Trauma Counseling Course Descriptions**

### **Neurobiology of Trauma- REQUIRED**

**3 CEUs/30 contact hours**

#### **Spring Offering**

Neurobiology of Trauma provides an understanding of the neurobiological processes involved in trauma experiencing, processing, and post-trauma adaptation. Study includes affective neuroscience, arousal modulation, memory processes involved in trauma experiences, executive functioning, and post-trauma adaptation of these and other areas and processes. Discussion examines application of neuroscience to understanding trauma experiencing and treatment.

### **Advanced Clinical Interventions in Trauma Treatment – REQUIRED**

**3 CEUs/32 contact hours**

#### **Fall Offering; Prerequisite CTC 651**

This course provides a detailed examination of clinical interventions for treating posttraumatic stress disorder. Specific study includes trauma-focused cognitive behavioral treatment of adults and children, eye movement desensitization and reprocessing, dialectical behavior therapy, body-oriented therapy, and expressive group processes. Discussion examines evidence-based practices and evaluation of therapeutic interventions.

### **Childhood Trauma and Effects**

**3 CEUs/32 contact hours**

#### **Summer Offering; Prerequisite CTC 651**

This course provides an understanding of the environmental factors that contribute to and constitute adverse childhood experiences, and the effects on children's development and subsequent behavior. Discussion will include attachment theory and the influence of attachment on development, historical and contemporary research on adverse childhood experiences and subsequent mental health and illness, and an overview of prevention, intervention and treatment.

### **Crisis Prevention and Intervention Strategies**

**3CEUs/32 contact hours**

#### **Spring Offering; Prerequisite CTC 651**

With increasing prevalence rates of acute crisis situations in our society, counselors are required to have knowledge and competencies for effective crisis intervention. This course involves a study of evidenced-based applications of crisis intervention with identified at-risk populations, as well as a study of the literature on resilience and fostering growth in the aftermath of crisis. Special vulnerabilities and ethical concerns for at-risk populations will be examined. Special topics of study include suicide, sexual assault, domestic violence, substance abuse, grief and loss, and violent behavior in institutions.

### **Knowledge and Skill Requirements for Community Disaster and Trauma**

**3 CEUs/32 contact hours**

#### **Spring Offering; Prerequisite CTC 651**

Disaster mental health intervention involves unique clinical skills and knowledge. This course will aid in developing the requisite competencies to enable mental health clinicians to successfully help survivors, rescue workers, and other volunteers in the aftermath of a disaster. Topics include the psychological phases of a community-wide disaster, common patterns of immediate and long-term public response, mental health risks that rescue workers and victims face, assessment of mental health needs, as well as a focus on self-reflection and self care. Course content will align with standards proposed in the Disaster Mental Health Handbook (American Red Cross, 2012).