



CP5113 Crisis and Trauma Counseling

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Winter 2017 – March 6-10 module
at Horizon College and Seminary, Saskatoon

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3 credit hours

Course Description

In this course, we study the assessment and treatment of clients in crisis and trauma. The course includes materials, models, and current best practices drawn from several theoretical approaches. We will examine the fundamentals of traumatology including the basics of victimology, traumatic stress, and stress research. Special emphasis is given to adult survivors of various types of abuse, including sexual, physical, emotional, and spiritual abuse.

Purposes for the Course

- To provide students with a theoretical foundation to build confidence and competence for clinical practice with clients who are in crisis or who have experienced trauma.
- To insure students are able to integrate different theories and approaches when working with crisis and trauma clients.
- To insure students are familiar with the time-limited nature of crisis intervention, the related legal and ethical issues, and the importance of interfacing appropriately with other service providers.
- To insure students are equipped to provide evidence-based therapeutic plans and interventions for crisis and trauma, including trauma experienced by uniformed persons, workplace violence and trauma, and mass traumas.

Course Objectives

At the successful conclusion of the course you should be able to:

1. Describe several theoretical approaches to crisis intervention
2. Have confidence in describing and discussing various types of abuse and trauma
3. Assess crisis situations for specific risks, including suicide, homicide, abuse and neglect

4. Identify victimization patterns and abuse behavior patterns
5. Demonstrate appropriate skills in counselling abuse survivors
6. Formulate a concrete, well informed intervention and safety plan with client and others
7. Recognize when and how to report to authorities as required by ethics code(s) and law
8. Appreciate the theological issues related to victimization, recovery and forgiveness
9. Integrate and employ spiritual disciplines/practices as well as self-care strategies into one's own personal spiritual journey to prevent compassion fatigue
10. Identify in an ethical manner which spiritual disciplines and practices will benefit clients who have been abused or are perpetrators of abuse

Course Textbooks

- Hoff, Lee Ann. *People in Crisis: Clinical and Diversity Perspectives*. 6th edition. San Francisco: Jossey-Bass, 2009.
- Kolski, Tammi, Avriette, Michael, and Jongsma, Jr., Arthur. *The Crisis Counseling and Traumatic events Treatment Planner*. 2nd edition. New York: John Wiley & Sons, 2014.
- Pringle, Bruce. *A Counseling Response to Sexual Abuse*. Saskatoon: Christian Counseling Services.
- Schultz, Tammy. *Beyond Desolate: Hope Versus Hate in the Rubble of Sexual Abuse*. Winona Lake, IN: BMH Books, 2012.
- Wright, H. Norman. *The Complete Guide to Crisis and Trauma Counseling*. Updated and Expanded. Bloomington, MN: Bethany House, 2011.

Pre-Module Reading

Read chapters 1-10 of Norman Wright's book, *The Complete Guide to Crisis and Trauma Counseling* (updated and expanded 2011 edition).

Be ready to engage in small group discussion of the case study 'Situations' that Wright presents at the beginning of the book and to prepare for making a class presentation of one assigned chapter from the book. Classroom presentations will be assigned from Chapters 11-20 of Wright's book.

Course Topics

Introduction -the problem; scope; definitions; models; working with people in crisis
 The Crisis Paradigm -from Hoff
 Life Passages and Threats to Health -counseling with children, adolescents and adults through the crises and traumas of life's journey (including loss and grief counseling)
 Violence and Crisis from Disaster
 Mass disaster, trauma and interventions
 Rape Trauma and Sexual Abuse
 Suicide and Self-Destructive Behavior

Course Assignments

1. Class Participation/Presentation (20%)

- a) Come to class having read the assigned reading, completed any homework discussion preparations, and ready to engage with and contribute to the class discussion in a meaningful and professional manner.
- b) Prepare and present one chapter in class from the Wright textbook as assigned. A separate handout contains details for the assignment.

2. Personal Journal (15%)

Start a journal when you begin to read Wright's book and continue it for four weeks after the module is over. Record personal observations, reflections, etc. as you read the textbooks. Also be aware of and note any worthwhile news events of a traumatic or crisis nature in the world around you. Write your reflections on these events to demonstrate your grasp of key concepts from the course material.

Due Date: Friday April 14, 2017

3. Case Studies (25%)

Prepare and submit intervention plans for two case studies (which will be assigned in class). For each case, provide an outline of the case with specific intervention strategies for psychological first aid and for longer term follow up.

In each case study and intervention plan, include the following items:

- Use Hoff's crisis paradigm to identify and explain crisis origins, crisis manifestations, and a crisis intervention plan.
- In laying out the plan, identify the treatment goals (what you are trying to accomplish) and the appropriate treatment plan (what you are going to do to help the person in crisis) to achieve those goals. Be very specific in laying out treatment goals and plan for each case study.
- Length of each case study and intervention plan: 4 to 5 pages (about 250 words per page)

Theological Reflection: After documenting the two case studies and intervention plans, reflect on the theological meaning and significance of both case studies using the following theological grid:

- Biblical Perspective: What does the Scripture say about WHO we are as human beings, about needing care and about providing care (as Christian/pastoral counselors)
- Theological Perspective: How does the process of care-giving facilitate an understanding of truths about God?
- Communal Perspective: What is the role of the Christian community in responding to those who are in crisis (such as the people in the case studies)?
- Length of theological reflection: 2 to 3 pages

Due Date: _____

4. Interview and Report (20%)

From the course readings, classroom discussions, and your own awareness of the process of time limited interventions:

- Develop a set of interview questions for gaining insight into a day in the life of a first responder or other primary care giver.
- Select someone who works primarily with crisis and trauma situations in the community.
- Set up a time and a place for an interview with your interviewee; if possible, go to their place of employment so you are able to contextualize their work
- Alert your interviewee that the interview may require one to two hours of their time
- Conduct the interview, write up your report, and hand it in to the course website so other class members are able to read it

Include the following items in your written report:

- A brief description of the area of interest and why it is of interest to you; use discretion in details here because this information will be shared with your class
- The name of the agency and the person(s) interviewed; also include a few details of the interviewee's training and length of experience in the field
- A list of the interview questions and the response of the interviewee to each question; note: use closed questions to get the pertinent information about the logistics and administration of the crisis work then use open-ended questions as you enter into the main interview
- A personal summative reflection that gives an overall assessment of what you learned from the exercise; include commentary on the potential value to counselors of having this type of awareness

After the interview:

- Review and clean up your notes so as to create an orderly report
- Point form is acceptable where it seems most appropriate to do so; this is not a formal academic paper
- Write your summative reflection
- Length of total report: a maximum of 10 pages

Due Date: _____

5. Applied Suicide Intervention Skills Training (ASIST) (20%)

ASIST is the Applied Suicide Intervention Skills Training certificate. For information about the program see: <https://www.livingworks.net/programs/asist/>. The current version is ASIST 11 and course offerings can be accessed at: <https://www.livingworks.net/training-and-trainers/find-a-training-workshop/>.

ASIST Training two-day workshops are available in Saskatoon and Regina in Winter 2017.

Evaluation Summary

20% Class participation/presentation
15% Personal Journal

- 25% Case Studies
- 20% Interview and Report
- 20% ASIST Training and Certificate

Bibliography

A Bibliography is available on the populi website for this course.