



# PSY 890

## Trauma Theories and Interventions

S2 Day 2016

*Department of Psychology*

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## General Information

Unit convenor and teaching staff

Maria Kangas

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Credit points

4

Prerequisites

(Admission to MClInPsych or DClinPsych) and PSY904 and PSY961 and (PSY962 or PSY978) and (PSY965 or PSY977)

Corequisites

PSY950 or PSY956

Co-badged status

Unit description

This unit is designed to assist students to become knowledgeable and gain skills in working with traumatised clients. In particular, students will gain knowledge in theories/models, assessment and evidence-based treatment approaches in working with trauma populations. Students will also learn how to assess clients who present with trauma symptoms, as well as how to formulate a therapy program for traumatised populations.

## Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

## Learning Outcomes

On successful completion of this unit, you will be able to:

1. To provide students with some of the practical skills necessary to assess, provide treatment formulation and implement an evidence based therapy for trauma populations.
2. By the completion of the unit, students will acquire the following skills: (1) Knowledge and skills in assessing trauma populations across the lifespan; and (2) Knowledge and skills in developing evidence based treatment plan including several key cognitive and behavioural procedures for traumatized clients.

## Assessment Tasks

Name	Weighting	Due
<a href="#">Reflective Learning Report</a>	25%	26th August 2016
<a href="#">Trauma Essay &amp; Client Script</a>	75%	4th October 2016

### Reflective Learning Report

Due: **26th August 2016**

Weighting: **25%**

The **1<sup>st</sup> Trauma assignment** involves a **reflective learning workshop report** which covers the content of Workshops #2 and #3. The aim of this assessment task is to demonstrate that students are aware of relevant theoretical and empirical grounded approaches in assessing and treating child and adult trauma populations.

On successful completion you will be able to:

- 1. To provide students with some of the practical skills necessary to assess, provide treatment formulation and implement an evidence based therapy for trauma populations.
- 2. By the completion of the unit, students will acquire the following skills: (1) Knowledge and skills in assessing trauma populations across the lifespan; and (2) Knowledge and skills in developing evidence based treatment plan including several key cognitive and behavioural procedures for traumatized clients.

### Trauma Essay & Client Script

Due: **4th October 2016**

Weighting: **75%**

The aim of this assignment is to demonstrate that students can formulate an evidence based treatment plan to address a traumatized client referred for therapy which presents with comorbid problems by drawing upon relevant evidence based literature, and adapting where relevant existing evidence based interventions tailored to the specific presentation of the client.

Students will be provided with a list of up to 11 specific trauma populations - and will be required to select one of these populations to base their essay and client script on. There will be 6 sections to this assessment task comprising:

- 1) Succinct description of trauma profile of selected population
- 2) Client vignette

- 3) Assessment consideration
- 4) Evaluation and critique of psychotherapy literature in treating selected population
- 5) Specific client treatment formulation (based on points 1 and 2)
- 6) Introductory client script for therapy

On successful completion you will be able to:

- 1. To provide students with some of the practical skills necessary to assess, provide treatment formulation and implement an evidence based therapy for trauma populations.
- 2. By the completion of the unit, students will acquire the following skills: (1) Knowledge and skills in assessing trauma populations across the lifespan; and (2) Knowledge and skills in developing evidence based treatment plan including several key cognitive and behavioural procedures for traumatized clients.

## Delivery and Resources

Handouts for each Workshop will be distributed online. These handouts will include the PowerPoint/overhead notes presented in class as well as any additional recommended readings to complement the seminar material.

**There is NO set text.** However recommended and set reading list for each seminar will be available to students on Ilearn unit page The journal references are available at the Macquarie University library.

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](#). Students should be aware of the following policies in particular with regard to Learning and Teaching:

Academic Honesty Policy [http://mq.edu.au/policy/docs/academic\\_honesty/policy.html](http://mq.edu.au/policy/docs/academic_honesty/policy.html)

**New Assessment Policy in effect from Session 2 2016** [http://mq.edu.au/policy/docs/assessment/policy\\_2016.html](http://mq.edu.au/policy/docs/assessment/policy_2016.html). For more information visit [http://students.mq.edu.au/events/2016/07/19/new\\_assessment\\_policy\\_in\\_place\\_from\\_session\\_2/](http://students.mq.edu.au/events/2016/07/19/new_assessment_policy_in_place_from_session_2/)

Assessment Policy prior to Session 2 2016 <http://mq.edu.au/policy/docs/assessment/policy.html>

Grading Policy prior to Session 2 2016 <http://mq.edu.au/policy/docs/grading/policy.html>

Grade Appeal Policy <http://mq.edu.au/policy/docs/gradeappeal/policy.html>

Complaint Management Procedure for Students and Members of the Public [http://www.mq.edu.au/policy/docs/complaint\\_management/procedure.html](http://www.mq.edu.au/policy/docs/complaint_management/procedure.html)

Disruption to Studies Policy [http://www.mq.edu.au/policy/docs/disruption\\_studies/policy.html](http://www.mq.edu.au/policy/docs/disruption_studies/policy.html) *The Disruption to Studies Policy is effective from March 3 2014 and replaces the Special Consideration Policy.*

In addition, a number of other policies can be found in the [Learning and Teaching Category](#) of Policy Central.

## Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: [https://students.mq.edu.au/support/student\\_conduct/](https://students.mq.edu.au/support/student_conduct/)

## Results

Results shown in *iLearn*, or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit [ask.mq.edu.au](http://ask.mq.edu.au).

## Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

## Learning Skills

Learning Skills ([mq.edu.au/learningskills](http://mq.edu.au/learningskills)) provides academic writing resources and study strategies to improve your marks and take control of your study.

- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module for Students](#)
- [Ask a Learning Adviser](#)

## Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

## Student Enquiries

For all student enquiries, visit Student Connect at [ask.mq.edu.au](http://ask.mq.edu.au)

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/).

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.

## Graduate Capabilities

### PG - Capable of Professional and Personal Judgment and Initiative

Our postgraduates will demonstrate a high standard of discernment and common sense in their professional and personal judgment. They will have the ability to make informed choices and decisions that reflect both the nature of their professional work and their personal perspectives.

This graduate capability is supported by:

#### Learning outcomes

- 1. To provide students with some of the practical skills necessary to assess, provide treatment formulation and implement an evidence based therapy for trauma populations.
- 2. By the completion of the unit, students will acquire the following skills: (1) Knowledge and skills in assessing trauma populations across the lifespan; and (2) Knowledge and skills in developing evidence based treatment plan including several key cognitive and behavioural procedures for traumatized clients.

#### Assessment tasks

- Reflective Learning Report
- Trauma Essay & Client Script

### PG - Discipline Knowledge and Skills

Our postgraduates will be able to demonstrate a significantly enhanced depth and breadth of knowledge, scholarly understanding, and specific subject content knowledge in their chosen fields.

This graduate capability is supported by:

#### Learning outcomes

- 1. To provide students with some of the practical skills necessary to assess, provide treatment formulation and implement an evidence based therapy for trauma populations.
- 2. By the completion of the unit, students will acquire the following skills: (1) Knowledge and skills in assessing trauma populations across the lifespan; and (2) Knowledge and skills in developing evidence based treatment plan including several key cognitive and behavioural procedures for traumatized clients.

#### Assessment tasks

- Reflective Learning Report
- Trauma Essay & Client Script

## PG - Critical, Analytical and Integrative Thinking

Our postgraduates will be capable of utilising and reflecting on prior knowledge and experience, of applying higher level critical thinking skills, and of integrating and synthesising learning and knowledge from a range of sources and environments. A characteristic of this form of thinking is the generation of new, professionally oriented knowledge through personal or group-based critique of practice and theory.

This graduate capability is supported by:

### Learning outcomes

- 1. To provide students with some of the practical skills necessary to assess, provide treatment formulation and implement an evidence based therapy for trauma populations.
- 2. By the completion of the unit, students will acquire the following skills: (1) Knowledge and skills in assessing trauma populations across the lifespan; and (2) Knowledge and skills in developing evidence based treatment plan including several key cognitive and behavioural procedures for traumatized clients.

### Assessment tasks

- Reflective Learning Report
- Trauma Essay & Client Script

## PG - Research and Problem Solving Capability

Our postgraduates will be capable of systematic enquiry; able to use research skills to create new knowledge that can be applied to real world issues, or contribute to a field of study or practice to enhance society. They will be capable of creative questioning, problem finding and problem solving.

This graduate capability is supported by:

### Learning outcomes

- 1. To provide students with some of the practical skills necessary to assess, provide treatment formulation and implement an evidence based therapy for trauma populations.
- 2. By the completion of the unit, students will acquire the following skills: (1) Knowledge and skills in assessing trauma populations across the lifespan; and (2) Knowledge and skills in developing evidence based treatment plan including several key cognitive and behavioural procedures for traumatized clients.

### Assessment tasks

- Reflective Learning Report
- Trauma Essay & Client Script

## PG - Effective Communication

Our postgraduates will be able to communicate effectively and convey their views to different social, cultural, and professional audiences. They will be able to use a variety of technologically supported media to communicate with empathy using a range of written, spoken or visual formats.

This graduate capability is supported by:

### Learning outcomes

- 1. To provide students with some of the practical skills necessary to assess, provide treatment formulation and implement an evidence based therapy for trauma populations.
- 2. By the completion of the unit, students will acquire the following skills: (1) Knowledge and skills in assessing trauma populations across the lifespan; and (2) Knowledge and skills in developing evidence based treatment plan including several key cognitive and behavioural procedures for traumatized clients.

### Assessment tasks

- Reflective Learning Report
- Trauma Essay & Client Script

## PG - Engaged and Responsible, Active and Ethical Citizens

Our postgraduates will be ethically aware and capable of confident transformative action in relation to their professional responsibilities and the wider community. They will have a sense of connectedness with others and country and have a sense of mutual obligation. They will be able to appreciate the impact of their professional roles for social justice and inclusion related to national and global issues

This graduate capability is supported by:

### Learning outcomes

- 1. To provide students with some of the practical skills necessary to assess, provide treatment formulation and implement an evidence based therapy for trauma populations.
- 2. By the completion of the unit, students will acquire the following skills: (1) Knowledge and skills in assessing trauma populations across the lifespan; and (2) Knowledge and skills in developing evidence based treatment plan including several key cognitive and behavioural procedures for traumatized clients.

### Assessment task

- Trauma Essay & Client Script