

# TRAUMA (TRMA)

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**TRMA 632. Introduction to Trauma and Crisis Counseling. (3 Credits)**

An introduction to interpersonal trauma, crisis counseling and models of resiliency. Emphasis on providing evidence-based clinical interventions in interpersonal trauma and crisis situations, including emergencies requiring advocacy, intervention, and support. Topics addressed include sexual trauma, domestic violence, vicarious trauma, psychological first aid, suicide prevention models, and community based prevention and intervention strategies. Counselors' roles and responsibilities during crises and counselor self-care strategies will be explored.

**TRMA 635. Advanced Trauma Focused Assessment and Intervention. (3 Credits)**

Advanced assessment and therapy skills related to trauma-related sequelae. The emphasis of the course will center on the understanding of evidence based practice including trauma assessments, phase-oriented treatment models, neurobiology of trauma sequelae, as well as clinical insights, case studies, and a systematic review of numerous evidence-based psychotherapy approaches such as: Prolonged Exposure, Cognitive Processing Therapy, Written Exposure Therapy, and Eye-Movement Desensitization and Reprocessing. Students will be oriented to therapy considerations in the selection of particular trauma-informed approaches in addition to clinical considerations related to therapy with clients who have co-morbid disorders. Additionally, students will be introduced to key ingredients in evidence-based therapies and will both learn and demonstrate essential skills inherent to many evidence-based approaches to PTSD (e.g. relaxation exercises). Prerequisite: TRMA 632 or CMHC 632; (or MAFT 643 for MAFT students).

**TRMA 652. Disaster, Crisis, and Trauma Intervention. (3 Credits)**

This course is designed for clinicians and presents an overview of evidence-based and informed psychosocial care and mental health interventions for disaster and trauma survivors. The course will explore topics such as cognitive, affective, behavioral, and neurological effects associated with trauma; brief, intermediate, and long-term care approaches; assessment strategies for intervention for individuals affected by crises, emergency, or disaster. Human suffering of mental illnesses will be examined through a biblical lens, and students will have the chance to analyze and facilitate evidence-based interventions with a culturally-informed perspective.