



## Course Syllabus

**Course Number | Name:** PSY408NT Crisis and Trauma

**Course Credits:** 3

**Course Duration:** 8 weeks

### Course Description:

This course provides students with a comprehensive understanding of the physical, psychological, and spiritual impacts of crises and trauma on individuals and communities. Through this course, students will learn about various types of crises and traumas, including natural disasters, wars, pandemics, sexual assault, domestic violence, and grief. The Christian world view will be used to inform both the narrative for understanding crisis and trauma, and the healing process. Students will also learn a model for understanding and applying Psychological First Aid to support individuals and communities. This course provides students with a comprehensive understanding of the physical, psychological, and spiritual impacts of crises and trauma on individuals and communities. Through this course, students will learn about various types of crises and traumas, including natural disasters, wars, pandemics, sexual assault, domestic violence, and grief. The Christian world view will be used to inform both the narrative for understanding crisis and trauma, and the healing process. Students will also learn a model for understanding and applying Psychological First Aid to support individuals and communities.

### Psychology Program Learning Outcomes (PLOs\*):

1	Apply basic research methods, including research design, data analysis, and interpretation.
2	Demonstrate critical and creative thinking, skeptical inquiry, and a scientific approach to applying psychological principles to personal, social, ethical, religious, and organizational issues informed by a biblical worldview.
3	Develop insight into their own and others' behavior and mental processes and apply effective strategies for self-management, self-improvement, and self-care, as well as apply psychological principles to individual, interpersonal, group, and societal issues.
4	Identify and apply basic knowledge of major concepts, theoretical perspectives, empirical findings, and historical trends in psychology and to evaluate them from a Christian worldview.
5	Analyze empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.
6	Communicate effectively in a professional and diverse global environment.
7	Demonstrate digital literacy throughout their program.

**\*Every psychology course must include assessments of some, but not all of the PLOs. The highlighted ones are assessed in this course.**

## PSY408NT – Crisis and Trauma – Course Syllabus

### Course Learning Outcomes (CLOs):

#	CLOs	Bloom's*	PLO(s)~
1	Recognize the signs of symptoms that indicate active crisis.	1	3,4
2	Recognize the signs of symptoms that indicate active psychosocial trauma.	1	3,4
3	Describe the impact of crisis and trauma on the human experience.	2	1,2
4	Apply the tenants of psychological first aid to case studies.	3	3,4
5	Categorize the Christian worldview into the explanation for the existence and healing of trauma.	4	2,3,4
6	Organize a framework for promoting resilience and post-traumatic growth in oneself and others, using evidence-based strategies and interventions.	4	2,3,4
7	Analyze the role of faith in coping with trauma and healing and the theological perspectives on suffering and healing.	4	2,3,4

\*Indicates Bloom's Taxonomy cognitive domain level.

~Indicates which PLO(s) are aligned with the CLO.

### Biblical Worldview Integration Plan:

This is a general summary of how you plan to integrate a biblical worldview into your course either in written work, discussion, or as a working theme. Examples may include a book report, integrated questions with case studies, a theme in discussion, etc. Please note: This explanation will be "student-facing" so it should be written in a way that you intend students to be the audience.

## **PSY408NT – Crisis and Trauma – Course Syllabus**

### **Required Media:**

Langberg, D. *Suffering and the Heart of God: How Trauma Destroys and Christ Restores..* New Growth Press. 2015. ISBN-13: 978-1942572022 [Paper]

### **Grading Grid:**

<b>Assessments (# in parentheses) - # pts. each if &gt; 1</b>	<b>Total Points</b>
Weekly Discussions (8) - 25 pts. each	<b>200</b>
Weekly Knowledge Quizzes (8) - 50 pts. each	<b>400</b>
Psychological First Aid Exam	<b>100</b>
Research and Integration Paper	<b>300</b>
<b>Total Points:</b>	<b>1,000</b>

### **Course Schedule:**

#### **Week 1**

Media:

1. Langberg, Introduction and Chs. 1 & 2
2. Dr. Diane Langberg, Power in Trauma Healing: The Good, the Bad, and the Ugly Video
3. John Hopkins Registration Video
4. Johns Hopkins PFA Module 1+Simulation Videos
5. Dr. Gabor Mate, 6 Impacts of Trauma Video
6. "Trauma and the Nervous System: A Polyvagal Perspective" Video

Assignments:

1. Assignment 1-1 Knowledge Quiz
2. Wk1 Discussion - See Instructions in the course

## ***PSY408NT – Crisis and Trauma – Course Syllabus***

### **Week 2**

Media:

1. Langberg, Chs. 3 & 4
2. Johns Hopkins PFA Module 2+Simulation Videos
3. Bessel van der Kolk, 6 Ways to Heal Trauma w/o Medication Video
4. Dr. Diane Langberg, Complex Trauma: Understanding and Treatment Video

Assignments:

1. Assignment 2-1 Knowledge Quiz
2. Assignment 2-2 Final Paper Submission 1 - See Instructions in the course
3. Wk2 Discussion - See Instructions in the course

### **Week 3**

Media:

1. Langberg, Ch. 5 & 6
2. Dr. Bruce Perry, Early Brain development: Reducing the Effects of Trauma Video
3. Johns Hopkins PFA Modules 3,4+Simulation Videos
4. Dr, Gabor /Mate, How Childhood Trauma Leads to Addiction Video

Assignments:

1. Assignment 3-1 Knowledge Quiz
2. Assignment 3-2 Final Paper Submission 2 - See Instructions in the course
3. Wk3 Discussion - See Instructions in the course

### **Week 4**

Media:

1. Langberg, Chs. 7 & 8
2. Johns Hopkins PFA Modules 5,6+Simulation Videos
3. Dr. Dan Siegel, How Our Relationships Shape Us Video
4. Dr. Diane Langberg, Where Is God When There Is Abuse? Video

Assignments:

1. Assignment 4-1 Knowledge Quiz
2. Assignment 4-2 Final Paper Submission 3 - See Instructions in the course
3. Wk4 Discussion - See Instructions in the course

## ***PSY408NT – Crisis and Trauma – Course Syllabus***

### **Week 5**

Media:

1. Langberg, Chs. 9 & 10
2. Johns Hopkins PFA Module 7, Closing Remarks Video
3. Dr. Diane Langberg, Trauma as a Place of Service Video
4. Dr. Diane Langberg, Trauma in the Family Video

Assignments:

1. Assignment 5-1 Knowledge Quiz
2. Assignment 5-2 Final Paper Submission 4 - See Instructions in the course
3. Wk5 Discussion - See Instructions in the course

### **Week 6**

Media:

1. Langberg, Chs. 11, 12, & 13
2. Dr. Nadine Burke, Healing the Long-Term Effects of Childhood Adversity Video
3. Dr. Elisabeth Kübler-Ross, To Live Until We Say Goodbye Lecture

Assignments:

1. Assignment 6-1 Knowledge Quiz
2. Assignment 6-2 Final Paper Submission 5 - See Instructions in the course
3. Wk6 Discussion - See Instructions in the course

### **Week 7**

Media:

1. Langberg, Chs. 14, 15, & 16
2. Joyce Meyer, How to Forgive and Let Go of Your Past Video
3. Dr. Siang-Yang Tan, Beyond Resilience: Post-Traumatic Growth, and Self-Care Video

Assignments:

1. Assignment 7-1 Knowledge Quiz
2. Assignment 7-2 Research and Integration Paper - See Instructions in the course
3. Wk7 Discussion - See Instructions in the course

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### **Week 8**

#### Media:

1. Langberg, Chs. 17, 18, 19, & 20
2. Elaine Miller Karas, LCSW, Community Resilience Model and COVID19 Video
3. Dr. Diane Langberg, I am a Refugee: Here My Cry Video

#### Assignments:

1. Assignment 8-1 Knowledge Quiz
2. Assignment 8-2 Psychological First Aid Exam - See Instructions in the course
3. Wk8 Discussion - See Instructions in the course