

**PSY 4310-001 Advances in Psychological Thought:****Trauma and Resiliency***Tuesday & Thursday (R) @ 8am – 9:15pm, Lawrence Hall 200*

<b>Professor:</b>	Dr. Bibiana M. Gutierrez	<b>Office Hours:</b>	T-R, 1:30 – 3:30pm & by appt.
<b>Office:</b>	Lawrence Hall 210	<b>Office Phone:</b>	432.837.8163
<b>Email:</b>	<a href="mailto:bibiana.gutierrez@sulross.edu">bibiana.gutierrez@sulross.edu</a>	<b>Course Website:</b>	<a href="http://sulross.blackboard.com">http://sulross.blackboard.com</a>

**Required Textbook:** Levers Lopez, Lisa (Editor), Trauma Counseling: Theories and Interventions, Springer Publishing Company, ISBN 978-0-82621-0683-4

**Course Purpose:** By the end of this course Students will be able to demonstrate a general understanding of:

1. The nature and experience of trauma and related crises and natural disasters.
2. The effects of traumatic impact on the individual psyche from multiple (bioecological) theoretical perspectives.
3. Attachment theory and the developmental implications when early attachment is interrupted by maltreatment.
4. Multiple theories of crisis intervention, disaster response, and trauma recovery.
5. The critical importance of self-awareness/reflection, balance, and connection in successfully navigating the realms of personal, professional, and organizational lives, in regards to potentially traumatic experiences encountered.

**Psychology Learning Objectives:** The graduating psychology student will attain a level of competency in the areas of . . .

- a. Biological psychology indicating that value has been added over the course of their psychology education.
- b. Clinical-personality psychology indicating that value has been added over the course of their psychology education.
- c. Social psychology indicating that value has been added over the course of their psychology education.
- d. Experimental methods indicating that value has been added over the course of their psychology education.

**DISCLAIMER:**

*The material presented in this course will be of a general nature. It is provided for the sole purpose of exploring and providing a cursory view of an advanced topic in the field of psychology at Sul Ross State University (SRSU). It is NOT in any fashion rendering professional health advice. Before relying on the material in any important matter, Students should carefully evaluate its accuracy, currency, completeness and relevance for their purposes, and should obtain appropriate professional advice relevant to their particular circumstances. The information provided in this course is absolutely NOT a substitute for the health advice or treatment provided by a licensed mental/health professional. Students should regularly consult a professionally licensed provider in matters relating to their mental and physical health and particularly with respect to any symptoms that may require diagnosis or medical attention. In some cases the material may incorporate or summarize views, guidelines or recommendations, but does not necessarily reflect the views of the instructor, or indicate a commitment to a particular course of action. Information covered in this course does NOT constitute an endorsement of or serve as a substitute for treatment. This content of this course DOES NOT in any form or fashion include any training to Students for the purpose of providing therapeutic services to others.*

***PLEASE READ: Due to the nature of the subject matter, during the course of this class, Students may have strong emotional/psychological reactions or be triggered by the course content and/or discussions. If you feel that you are having difficulty with the learning environment, please discuss this with me immediately before continuing the course. Counseling and Accessibility Services (<http://www.sulross.edu/section/2408/counseling-accessibility-services>) can provide brief, short-term individual and group counseling or refer you to off-campus providers. You have already paid for these services through your Student Service Fee, whether you use them or not.***

#### **Course Policies:**

##### **1. Attendance and Class Preparation:**

Class attendance is governed by the SRSU policy stated in the schedule of classes. Students will be dropped with an "F" when you have accumulated four absences. You are expected to have completed the assigned readings by the beginning of the first class day for which they are assigned. See details in below section regarding students with excused absences.

##### **2. Late Work and Make-Up Assignments:**

If you need to be out of class for an emergency, excused-absence, or university-authorized absence, please inform me of the situation as soon as possible. Late or make-up assignments will only be allowed in the case of an emergency or excused absence with appropriate documentation (doctor's note, etc.) Any student who is absent from classes for a university-authorized absence (such as a game, tournament, or event) will be allowed to take an exam or complete an assignment scheduled for that day. **However, arrangements for missing class due to an excused or university-authorized absence must be made with the instructor BEFORE the absence.** It is your responsibility to speak with me about classes that you will miss well in advance.

##### **3. Students with Special Needs:**

Sul Ross State University (SRSU) is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the Student's responsibility to initiate a request. **Please contact Ms. Mary Schwartz, Counselor, Accessibility Services Coordinator, Ferguson Hall (Room 112) at 432.837.8363; the mailing address is P.O. Box C-171 Sul Ross State University, Alpine, Texas 79832. Students should then contact the instructor as soon as possible to initiate the recommended accommodations.**

##### **4. Religious Observance:**

Any student who is absent from class for the observance of a religious holy day will be allowed to take an exam or complete an assignment scheduled for that day. Arrangements for missing class due to a religious observance must be made with the instructor prior to that absence.

##### **5. Classroom Respect and Disruptions:**

You are encouraged and expected to openly engage in class discussions, ask questions, share ideas, and express your thoughts. Please treat each other with dignity and respect and avoid disruptive behaviors. You are responsible for knowing what behaviors are acceptable versus unacceptable as referred to in the Student Conduct and Discipline section of the SRSU Student Handbook

([http://www.sulross.edu/sites/default/files//sites/default/files/users/docs/stulife/student\\_conduct\\_discipline.pdf](http://www.sulross.edu/sites/default/files//sites/default/files/users/docs/stulife/student_conduct_discipline.pdf)).

##### **6. Academic Integrity:**

Any instance of academic misconduct such as: turning in an identical written assignment for another course without approval, cheating and plagiarizing written assignments, collusion, or misrepresenting facts will be punished to the full extent of the university's disciplinary policy and/or through legal action if indicated. You are responsible for reading the statement on *Academic Honesty* in the SRSU Student Handbook

([http://www.sulross.edu/sites/default/files//sites/default/files/users/docs/stulife/student\\_conduct\\_discipline.pdf](http://www.sulross.edu/sites/default/files//sites/default/files/users/docs/stulife/student_conduct_discipline.pdf)). The faculty considers academic dishonesty to be a serious matter and will act accordingly. Students caught

engaging in any form of academic dishonesty will receive no credit for assignments/exams and more severe penalties may be pursued, including but not limited to failing the course.

#### 7. **Technology Policy:**

Out of respect for your fellow students, your professor, and the educational process, all technology devices (cell/smart phones, I-pods, tablets, laptops, etc.) must be powered down and put away, not on the desk or in your pocket, or on your lap, during class. Do not come to class if texting, using social media, and attending to tasks other than the class material is more important than being fully present (this is NOT an excused absence). If you feel you have an emergency situation that requires your phone to be on vibrate, please inform me before class begins. Students who disregard the policy will be asked to leave class and will be considered absent that day.

#### 8. **Communicating with the Professor:**

The best way to contact me is through email at [bibiana.gutierrez@sulross.edu](mailto:bibiana.gutierrez@sulross.edu). I will try to respond as soon as possible. If you do not receive a reply within 24 hours, please resend your email or call my office at 432.837.8163 and leave a message if I am unavailable. During weekends there may be a longer delay in my responding. If you plan to use a laptop for taking notes, please inform me; this privilege will be rescinded if you misuse it.

### **COURSE REQUIREMENTS:**

1. **Regular, punctual attendance and participation.**
2. **Read assignments due before class lecture.**
3. **Two Quizzes each worth 50 points = one Exam score.**
4. **Midterm and Final Exams each worth 100 points.**
5. **Research paper will be worth 100 points (details to follow)**
6. **Class participation (being attentive, asking/responding to questions, engaging in discussions, indicating you have read assignments, etc.)**
7. **If regular attendance qualifies you, up to 10 extra credit points can be used to bump your grade up to the next higher interval.**

### **GRADES:**

90–100 = A; 80 –89 = B; 70–79 = C; 60-69 = D; 0-59 = F

The two Quiz scores will be added together to equal 100 points or equal to one Exam.

The three Exam scores and Research Paper will be averaged together to determine your final grade.

Example: (Quiz1- 45pts + Quiz2- 45pts) + (Midterm Exam-95pts) + (Final Exam-90pts) +

$$(\text{Paper-92pts}) = 275/4 = 91.75 = \text{"A"}$$

### **EXTRA CREDIT:**

Maximum extra credit may be received for participating in two of the following activities.

1. **Take a career self-assessment, Meyers-Briggs or SIGI ( <http://www.sulross.edu/page/111/career-services>).**
2. Attendance at a public lecture or activity related to psychology, such as drug/alcohol abuse, domestic violence, mental health awareness, a cultural event, religious activity different than your own, etc. Please get my approval first for the activity.
3. Complete a book report on a book related to psychology. Any book may be read, although the attached lists of books are all recommended as being interesting and worthwhile. The book selected may be either fiction or

non-fiction. Use the attached Book Report Form for the outline for your book report. Must be typewritten. I will provide you with a list of possible books and general outline.

4. Keep a Reflection Journal. For 30 days write down at the end of each day what you have experienced/reflected upon/learned that relates to psychology. Turn in a report summarizing what you have learned; do not turn in the journal.
5. Keep a Dream Journal. For 30 days write down upon awakening what you dreamt. Turn in a report summarizing what you have learned from your dreams and/or the process; do not turn in the journal.
6. Volunteer at a community mental health organization serving the under-served.
7. Suggest something that we can discuss/negotiate.

Students with good attendance will receive consideration for extra credit at the end of the semester if additional points are needed to achieve the next higher grade. Each extra credit assignment is worth five points. You may complete two assignments for extra credit for a maximum of ten points.

***If you have any issue or concern, I would appreciate you speaking with me first. If you feel we cannot come to a reasonable resolution, know that you can speak with the BASS Department Chair, Dr. Mark Saka (432.837.8157) regarding your concerns.***

***I endeavor to maintain a safe as possible learning environment for all and expect the highest standard of conduct from each one of us and the collective. I welcome constructive feedback in the service of this goal.***

***This syllabus is accurate to the best of my ability, but I reserve the right to modify it at any time and will inform you as soon as possible. If I do make any changes, I aspire to do so for the reasons of student fairness and/or circumstances beyond my control.***

**COURSE SCHEDULE**

<b>Date</b>	<b>Chapter</b>	<b>Topic</b>	<b>Assignments</b>
T - 8/25	Review syllabus	Course Overview	Preface
R - 8/27	31	Vicarious Traumatization & Self-Care Plan	pp. 540 – 547, 549 - 551
T - 9/1	1 & 2	An Introduction & Historical Context	pp. 1 – 15, 23 - 38
R - 9/3	3	Theoretical Context	pp. 47 - 53
<b>T - 9/7</b>	<b>LABOR DAY HOLIDAY NO CLASSES</b>		
<b>R - 9/9</b>	4	Neurobiological Effects of Trauma	pp. 59 - 72
<b>LAST DAY TO DROP A 16 WEEK TERM COURSE WITHOUT CREATING AN ACADEMIC RECORD</b>			
T - 9/8	5	Issues of Loss and Grief	pp. 77 - 93
R - 9/10	6	Trauma Survivorship and Disability	pp. 98 - 109
T - 9/15	7 & 11	Sexual Trauma & Intimate Partner Violence	pp. 116 – 126, 178 - 193
R - 9/17	8, 9, 12	Trauma Experienced in Early Childhood, Adolescence, and Elder Abuse	pp. 132 – 141, 146 - 154 pp. 199 - 210
T - 9/22	22	Natural Disasters and First Responders	pp. 369 - 379
<b>R - 9/24</b>	<b>QUIZ</b>	<b>CHAPTERS (1-9, 11, 12, 22, &amp; 31) and Lecture</b>	
	16	Existential Perspectives on Evil	pp. 264 - 275
T - 9/29	14	Criminal Victimization	pp. 231-243, 249-256
R - 10/1	15	Homicide & Suicide	pp. 258-261
T – 10/6	20	School Violence	pp. 335 - 340
R - 10/8	21	Work Place and Campus Violence	pp. 349 - 361
T - 10/13	17	Racial and Ethnic Intolerance	pp. 280 - 294
R - 10/15	18	Sexual and Gender Prejudice and Victimization	pp. 297 - 314
<b>T - 10/20</b>	<b>MID-TERM EXAM</b>		<b>CHAPTERS (1-9, 11, 12, 14, 15, 16-18, 20-22, 31)</b>
R - 10/22	23	Genocide, Ethnic Conflict, & Political Violence	pp. 389 - 407
T - 10/27	24 & 25	Impact of War on Civilians & Military Veterans	pp. 412 -425, 434 - 448
R - 10/29	28	Models for Trauma Intervention	pp. 501
T – 11/3	29	Strategies and Techniques	pp. 504 - 517
R - 11/5	30	Ethical Perspectives	pp. 521 - 527

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Conclusion: An Integrative System Approach pp. 579 – 579 - 585

## COURSE SCHEDULE (cont.)

<u>Date</u>	<u>Chapter</u>	<u>Topic</u>	<u>Assignments</u>
<b>M – 11/9</b>	<b>LAST DAY FOR INSTRUCTOR INITIATED DROP FOR EXCESSIVE ABSENCES</b>		
<b>T - 11/10</b>	<b>QUIZ</b>	<b>CHAPTERS (23-25, 28-30) and Lecture</b>	
	Resiliency		reading to be handed out
R - 11/12	Resiliency		reading to be handed out
<b>F – 11/13</b>	<b>LAST DAY TO WITHDRAW FROM UNIVERISTY OR TO DROP COURSES WITH A GRADE OF “W”</b>		
T - 11/17	Resiliency		reading to be handed out
<b>R - 11/19</b>	Resiliency		reading to be handed out
	<b>COMPLETE STUDENT APPRAISAL OF FACULTY (FORM FE-2)</b>		
T - 11/24	TBA		
R - 11/26	THANKSGIVING HOLIDAY NO CLASS		
<b>T - 12/1</b>	<b>FINAL EXAM REVIEW</b>		<b>LAST CLASS DAY BEFORE FINALS</b>
R&F - 12/3 & 4	DEAD DAYS (NO CLASSES)		
<b>T- 12/10</b>	<b>FINAL 8am to 10am</b>		<b>(Chapters 1-9, 11, 12, 14-25, 28-31, 34)</b>
M- 12/14	FINAL GRADES FOR CONTINUING STUDENTS DUE BY NOON		