

PSY 4310-001 Advances in Psychological Thought:**Trauma and Resiliency***Monday & Wednesday @ 11am – 12:15pm, Lawrence Hall 200*

Professor:	Dr. Bibiana M. Gutierrez	Office Hours:	M & W – 9:30 – 11am T – 1:30-3:00pm R – 12:30-2:00pm or by appt.
Office:	Lawrence Hall 210	Office Phone:	432.837.8163
Email:	bibiana.gutierrez@sulross.edu	Course Website:	http://sulross.blackboard.com

Required Textbook: Steven Joseph, What Doesn't Kill Us: The New Psychology of Post Traumatic Growth, Basic Books, ISBN 978-0-465-03233-4

Recommended Textbook: Levers Lopez, Lisa (Editor), Trauma Counseling: Theories and Interventions, Springer Publishing Company, ISBN 978-0-82621-0683-4 [*Selected readings will be provided to you from this text.*]

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

1. The nature of resiliency as a response to trauma that can catalyze change and transform adversity to find new meaning, purpose, and direction in life – post-traumatic growth.
2. The nature and experience of trauma and related crises.
3. The impact of resiliency and trauma on the individual psyche from multiple (bioecological) theoretical perspectives.
4. Attachment theory and the developmental implications when early attachment is interrupted by maltreatment.
5. Multiple theories of crisis intervention, disaster response, and trauma recovery.
6. The critical importance of self-awareness/reflection, balance, and connection to create resiliency 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.*

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 six (6) 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, 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 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 Schwartze, Counselor, Accessibility Services Coordinator, Ferguson Hall (Room 112) at 432.837.8363; 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 classes 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).

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). 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. ***If you are found to be using your phone during class, you will get one warning after which you will be asked to put your phone on the lectern until the end of class. If this happens repeatedly, you will be further disciplined as per SRSU policy for Disruptive Classroom Behavior.***

8. Communicating with the Professor:

The best way to contact me is through email at 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.

COURSE REQUIREMENTS:

1. **Regular, punctual attendance and participation (A = 50 points).** This is a subjective judgment on my part. If I do not see you in class regularly or if you are sleeping, texting, day dreaming, talking to your neighbor, or otherwise being distracted or disruptive, this point total will be reduced.
2. **Class Participation (being attentive, asking/responding to questions, engaging in discussions, indicating you have read assignments, etc.) (CP = 50 points).** This is a subjective judgment on my part.
3. **Five (5) Exams (EXM) each worth 100 points.** All Exams will be administered during class time and in essay format. Possible questions will be given out a week before the exam as a study guide.
4. **Research paper (RP = 100 points).** See instructions on Black Board – Trauma & Resiliency Research Paper Grade Sheet.
5. **Earn up to 10 Extra Credit (EC) points (5pts/activity), to add to your final grade before averaging, by attending maximum of 2 extra-curricular activities.**

GRADE SCALE:

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

Example:

(A -50pts) + (CP-50pts) (EXM1 – 80pts) + (EXM2 - 85pts) + (EXM3 - 93pts) (EXM4 – 85pts) + (EXM5 – 100pts) + (RP – 80 pts) + (EC -10pts) = 655 /700 = 90.43 = "A"

EXTRA CREDIT:

Extra Credit points may be received for participating in up to two of the following activities (5pts/activity; 10pt maximum):

1. **Attend Academic Enhancement Seminars (<http://www.sulross.edu/page/939/academic-enhancement-seminars>)**

2. **Take a career self-assessment, Meyers-Briggs or SIGI (<http://www.sulross.edu/page/111/career-services>).**
3. 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. Submit a summary to me via email of your attendance at the activity and what you learned from it.
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. Submit a summary to me via email of what you learned upon completing; do not turn in the journal.
5. Keep a Dream Journal. For 30 days write down upon awakening what you dreamt. Submit a summary to me via email of what you learned upon completing; do not turn in the journal.
6. Participate as a research subject in a psychological experiment or other SRSU study.
7. Suggest something that we can discuss/negotiate.

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

DATE	CHAPTER/TEXT	TOPIC	ASSIGNMENTS
W – 1/18	Syllabus	Course Overview	Preface xxv - xxxviii
M – 1/23	1 (LL)	An Introduction	pp. 1 - 15
W – 1/25	1 (SJ)	Everything Changes/Flipside of Trauma	pp. ix – xvii; 3-20
M – 1/30	2 (SJ)	Emotional Toll of Trauma	pp. 21-48
W – 2/1	2 (LL)	Historical Context	pp. 23 - 38
<i>[W – 2/1</i>	<i>LAST DAY TO DROP A COURSE WITHOUT CREATING AN ACADEMIC RECORD]</i>		
M – 2/6	3 (SJ)	Biology of Trauma	pp. 49 – 64
*W– 2/8	EXAM 1	Over Chapters 1 & 2 (LL); 1 & 2 (LL)	ESSAY EXAM IN CLASS
M– 2/13	4 (LL)	Neurobiological Effects of Trauma	pp. 59 - 72
W -2/15	4 (SJ)	Transformation	pp. 65 - 92
M – 2/20	5 (SJ)	Theory of the Shattered Vase	pp. 93 - 116
W – 2/22	6 (SJ)	Paths to Posttraumatic Growth	pp. 117 - 138
*M – 2/27	EXAM 2	Over Chapters 3, 4, 5 (SJ), & 4 (LL)	ESSAY EXAM IN CLASS
W – 3/1	7 (SJ)	Nurturing Growth	pp. 139 – 164
<u>SUBMIT <i>Research Paper Topic</i> – VIA EMAIL bmg15th@sulross.edu by MIDNIGHT (3/1)</u>			
M – 3/6	7 (SJ)	Nurturing Growth	pp. 139 - 164
W – 3/8	8 (SJ)	Conclusion & Postscript: THRIVE	pp. 163 – 204 (2days)
M – 3/13	SPRING BREAK~ NO CLASSES		
W - 3/15	SPRING BREAK~ NO CLASSES		
M – 3/20	8 (SJ)	Conclusion & Postscript: THRIVE	pp. 163 – 204 (2days)
W – 3/22	31 (LL)	Vicarious Traumatization & Self-Care Plan	pp. 540 – 547, 549 - 551
*M – 3/27	EXAM 3	Over Chapters 6, 7, & 8 (SJ)	ESSAY EXAM IN CLASS
W – 3/29	11 (LL)	Intimate Partner Violence	pp. 178 - 193
M – 4/3	11 (LL)	Intimate Partner Violence	pp. 178 - 193
<i>[M – 4/3</i>	<i>LAST DAY FOR INSTRUCTOR INITIATED DROP FOR EXCESSIVE ABSENCES]</i>		
W – 4/5	18 (LL)	Sexual and Gender Prejudice and Victimization	pp. 297 - 314
<i>[F – 4/7</i>	<i>LAST DAY TO WITHDRAW FROM UNIVERISTY OR TO DROP COURSES WITH A GRADE OF “W”]</i>		
M – 4/10	18 (LL)	Sexual and Gender Prejudice and Victimization	pp. 297 - 314

COURSE SCHEDULE (cont.)

DATE	CHAPTER	TOPIC	ASSIGNMENT
W – 4/12	23 (LL)	Genocide, Ethnic Conflict, & Political Violence	pp. 389 - 407
F – 4/14	GOOD FRIDAY HOLIDAY ~ NO CLASSES		
*M – 4/17	EXAM 4	Over Chapters 31, 11, 18 (SJ)	ESSAY EXAM IN CLASS
W – 4/19	23 (LL)	Genocide, Ethnic Conflict, & Political Violence	pp. 389 - 407
M – 4/24	25 (LL)	Impact of War on Military Veterans	pp. 434 – 448
Submit <i>RESEARCH PAPER</i> - VIA EMAIL bmg15th@sulross.edu by MIDNIGHT (4/24)			
W – 4/26	25 (LL)	Impact of War on Military Veterans	pp. 434 - 448
M – 5/1	29 (LL)	Strategies and Techniques	pp. 504 - 517
W – 5/3	29 (LL)	Strategies and Techniques	pp. 504 - 517
R – 5/4	DEAD DAY ~ NO CLASSES		
*T – 5/9	FINAL EXAM 5	Over Chapters 23, 25, & 29 (LL)	<u>IN CLASS ESSAY EXAM</u>
		from 10:15am to 12:15pm	120 minutes to complete
<i>[M – 5/11</i>	<i>FINAL GRADES DUE FOR GRADUATING STUDENTS DUE BY NOON]</i>		
<i>[M – 5/15</i>	<i>FINAL GRADES DUE FOR CONTINUING STUDENTS DUE BY NOON]</i>		