



PSY 4310-001 Trauma and Resiliency

WEB BASED COURSE

Professor:	Dr. Bibiana M. Gutierrez	Office Hours:	To be announced & by appt request via email.
Office:	Virtual Office hours TBA	Cell Phone:	432.3863223 (must id yourself & leave message)
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:

- 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.
- The nature and experience of trauma and related crises.
- The impact of resiliency and trauma on the individual psyche from multiple (bioecological) theoretical perspectives.
- Attachment theory and the developmental implications when early attachment is interrupted by maltreatment.
- Multiple theories of crisis intervention, disaster response, and trauma recovery.
- 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.

Course Design: Communication Infused



To be successful in college and beyond, many sources (e.g., Morreale & Pearson, 2008) indicate that communication competencies are essential. Sul Ross recognizes that the current generation of undergraduate university students should receive training to navigate a global world as competent communicators in various contexts and channels of communication.

QEP Student Learning Outcome:



QEP SLO: The Student will create works that exhibit skill in prepared and purposeful communication (written, oral, or visual).

Student Learning Outcomes: The graduating psychology student will attain a level of competency in the areas of . . .

- Biological psychology indicating that value has been added over the course of their psychology education.
- Clinical-personality psychology indicating that value has been added over the course of their psychology education.



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

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.*

Student 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 of 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.
- e. QEP Communication

Psychology Program Marketable Skills:

- f. Speaking Effectively: Students will demonstrate competency in public speaking and communicating scientific information to diverse audiences.
- g. Describing Feelings: Students will demonstrate empathic or active listening and conversational skills, and/or write clearly about their affective stance, respectfully attuned to the needs of their audiences.
- h. Identifying Resources: Students will demonstrate the aptitude to locate, organize and evaluate the credibility of information from multiple sources.
- i. Analyzing: Students will demonstrate ability to examine the underlying issues of scientific problems, attending to the pertinent details and creating action plans, recognizing ambiguity and complexity as essential components.

Distance Education Statement: Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

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 six (6) or more absences OR the equivalent in a web-based course.



Class attendance in this course includes logging onto Black Board during the first week of class, taking exams on time,

2. Late Work and Make-Up Assignments:

If you cannot participate in this web-based class due to an emergency, excused-absence, or university-authorized absence, inform the professor as soon as possible *via email* of the situation. Late or make-up assignments and exams will only be accepted in the case of an emergency or excused absence with appropriate documentation (doctor's note, etc.)

Student absent for a university-authorized activity (such as a game, tournament, or event) will be allowed to make up the missed exam and/or complete the assignment scheduled for that day. **However**, it is the Student's responsibility to make these **arrangements for make-up exams/assignments with the professor BEFORE the absence via email request**. This DOES NOT INCLUDE absences related to paid (SRSU or otherwise) employment.

4. If You Get/Are Sick:

Student health services (<https://www.sulross.edu/page/343/student-health-services>) is staffed by a **registered nurse** located in University Center Suite 211 from 8 am- 5 pm Monday through Friday. Minor treatments, **over-the-counter medication** and basic first-aid supplies are available at no cost to Students. SRSU has a Student medical agreement with **Preventive Care Health Services (PCHS)** to provide limited outpatient care, see **covered services**. The clinic is **located opposite Alpine High School** across State highway 118 North with parking off Anson Avenue from 8 am to 5 pm Monday through Friday and the 2nd Saturday of each month from 9 am to 3 pm. To schedule an appointment, call (432) 837-4555. Your current Student ID card will be requested at check-in.

5. Students with Special Needs:

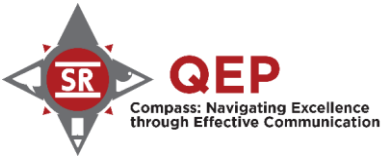
Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities and it is the Student's responsibility to initiate the request. **Please contact the Accessibility Services Coordinator, Ferguson Hall (Room 112) at 432.837.8203; 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.**

6. Religious Observance:

Any student absent from classes for the observance of a religious holy day will be allowed to take make-up the exam/assignment scheduled for that day. Arrangements for missing class due to a religious observance must be made with the professor via email **BEFORE** that absence.

7. Course Behaviors - Respect and Disruptions:

Watch the **VIDEO on NETIQUETTE** on Black Board. You are encouraged and expected to openly engage in discussions, ask questions, share ideas, and express your thoughts in this web-based course in the same manner as in a face-to-face course. 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).



8. 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.

9. Communicating with the Professor:

The best way to contact me is through email at bmg15th@sulross.edu. I strive to respond as soon as possible. If you do not receive a reply within 24 to 48 hours, please resend your email or call my office at 432.837.8163 and leave a message if unavailable. During weekends, holidays, and breaks there may be a longer delay in a response until the next regular work day.

COURSE REQUIREMENTS:

- Regular and active Black Board Participation (BP = 50 points; 10 points/week).** Your individual activity on black board will be monitored via logs maintained by Black Board. It is your responsibility to check your email daily and for any announcements related to this course. (This is a subjective judgment on my part regarding the quality of your participation, taking exams when scheduled, and posting as required by due dates).
- Fourteen Discussion Posts (DP = 20/post; 280 points total)** (paragraph in the range of 3 to 4 sentences or more if you wish) of your thoughts, feelings, ideas, and/or reactions to your chapter readings as related to your experience and/or other things you have learned. ***These summaries will be posted publicly for all students in the course to view*** for the purpose of creating a sense of universality of experience and enhancing shared learning. It can also be a spring-board to encourage conversations (threads) among students if you wish. ***Please be mindful that once posted, your posts cannot be changed or deleted, and are monitored by the professor.***
- Four Exams (EXM each worth 100 points).** All Exams will be in essay format. A pool of possible questions will be given out a week before the exam as a study guide. ***EXAMS are open book, open notes therefore I expect the quality, quantity, and depth of analysis and insight to be of the highest level!!*** You will likely do better if you study as a class group outside of class, I leave that up to you to organize amongst yourselves.
- Research Paper (RP = 200 points).**
- Power Point Presentation and video of you presenting it (VPP = 200 points)**

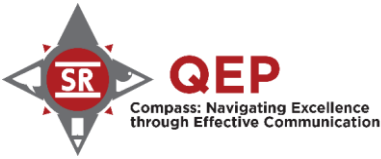
GRADE SCALE:

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

EXTRA CREDIT: None offered in this course.

DISCLAIMER:

The material presented in this course will be of a general nature and 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 for Students to provide therapeutic services to others.

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.



COURSE SCHEDULE

DATE	CHAPTER/TEXT	TOPIC	ASSIGNMENTS
Week 1 (8/24 – 8/30)	Syllabus	Course Overview	Preface xxv – xxxviii
	1 (LL)	An Introduction	pp. 1 – 15
		POST1 due by 8/30 midnight	
Week 2 (8/31 – 9/6)	1 (SJ)	Everything Changes/Flipside of Trauma	pp. ix – xvii; 3-20
	2 (SJ)	Emotional Toll of Trauma	pp. 21-48
		POST2 due by 9/6 midnight	
Week 3 (9/7 – 9/13)	<i>NO CLASSES - Labor Day Holiday</i>		
	31 (LL)	Vicarious Traumatization & Self-Care Plan	pp. 540 – 547, 549 – 55
	2 (LL)	Historical Context	pp. 23 - 38
		POST3 due by 9/13 midnight	
	<i>9/11 LAST DAY TO DROP A COURSE WITHOUT CREATING AN ACADEMIC RECORD</i>		
Week 4 (9/14 – 9/20)	3 (SJ)	Biology of Trauma	pp. 49 – 64
	4 (LL)	Neurobiological Effects of Trauma	pp. 59 – 72
		EXAM1 Questions given out	
		POST4 due by 9/20 midnight	
Week 5 (9/21 – 9/27)	EXAM 1	Covers Chapters 1 & 2 (LL); 1 & 2 (SJ)	due by 9/25 midnight
		POST5 due by 9/27 midnight	
Week 6 (9/28 – 10/4)	Polyvagal theory (Reading/Videos to be assigned)		
	4 (SJ)	Transformation	pp. 65 – 92
		POST5 due by 10/4 midnight	
Week 7 (10/5 – 10/11)	LIBRARY ORIENTATION – Zoom meeting with Librarian		
	<u>Power Point Presentation & Research Paper Topic due 10/10 midnight include request for date you wish to present</u>		
		POST7 due by 10/11 midnight	
Week 8 (10/12 – 10/18)	5 (SJ)	Theory of the Shattered Vase	pp. 93 - 116
	6 (SJ)	Paths to Posttraumatic Growth	pp. 117 – 138
		POST 8 due by 10/18 midnight	



DATE	CHAPTER/TEXT	TOPIC	ASSIGNMENTS
Week 9 (10/19 – 10/25)	EXAM 2	Covers Chapters 3, 4, 5 (SJ), & 4 (LL)	due by 10/23 midnight
			POST 9 due by 10/25 midnight
Week 10 (10/26 – 11/1)	7 (SJ)	Nurturing Growth	pp. 139 – 164
	8 (SJ)	Conclusion & Postscript: THRIVE	pp. 163 – 204
		<i>EXAM3 Essay Questions posted</i>	
			POST10 due by 11/1 midnight
Week 11 (11/2 – 11/8)	11/11	Veterans Day	
	<i>11/10 LAST DAY FOR INSTRUCTOR INITIATED DROP FOR EXCESSIVE ABSENCES</i>		
	EXAM 3	Covers Chapters 6, 7, & 8 (SJ)	due by 11/6 midnight
			POST11 due by 11/8 midnight
Week 12 (11/9 – 11/15)	ETS Proficiency Profile Exam (Office of Institutional Effectiveness will randomly be awarding six Amazon Gift Cards. Will also provide a letter of recognition to all students who score high on the test). YOU WILL EARN 10 EXTRA CREDIT POINTS TO BE ADDED TO YOUR FINAL POINT TOTAL		
	<i>11/13 LAST DAY TO WITHDRAW FROM UNIVERISTY OR DROP COURSES WITH A GRADE OF "W"</i>		
	Research Paper due by 11/13 midnight		
			POST12 due by 11/15 midnight
Week 13 (11/16 – 11/22)	Work on Power Point and Video Presentation		
			POST13 due by 11/22 midnight
Week 14 (11/23 – 11/29)	11/25 – 27 NO CLASSES – THANKSGIVING HOLIDAY ~ DO NOT RETURN TO CAMPUS		
Week 15 (11/30 – 12/6)	12/3 DEAD DAY ~ NO CLASSES		
	Power Point & Video Presentation due by 12/6 midnight		
			POST14 due by 12/6 midnight (what you learned in this course)

[R – 12/10 FINAL GRADES DUE FOR GRADUATING STUDENTS DUE BY NOON] – Email to remind me!

[M – 12/14 FINAL GRADES DUE FOR CONTINUING STUDENTS DUE BY NOON]



THE MOST CURRENT VERSION OF THIS SYLLABUS WILL ALWAYS
BE LOCATED ON THE BLACK BOARD ASSOCIATED WITH THIS
COURSE