

# UO Psychology 607 Graduate Seminar

Winter 2014

## Non-Pathologizing Approaches to Trauma

**Instructors: Jennifer Freyd and Pamela Birrell**

**Syllabus** (*as of 7 January 2014*)

CRN: 26459

Grading option: Optional

Credits: 2-4

Mondays 8:00 - 9:50 AM

Franky 271B

**Course Home Page** <http://dynamic.uoregon.edu/~jjf/courses/psy607-win14/>

**Clinical Elective:** We will request this status if anyone in class needs it.

**Overview:** We will explore theory and empirical research on non-pathologizing approaches to trauma prevention and healing. This will include analysis of what makes an approach pathologizing or not and what impact that has on those who encounter the approach. We will derive a vision for an approach to trauma that supports well-being, growth, justice, and peace.

**Required books for the course:**

- Bloom, S.L. & Farragher, B. (2013) *Restoring Sanctuary: A New Operating System for Trauma-Informed Systems of Care*. Oxford University Press.

**Course Work:** Students will be expected to attend all class meetings, do all assigned readings, and to participate actively in seminar discussion. In addition, each participant will lead a class discussion

and, in advance of the class meeting, email to the class discussion questions by the Wednesday at noon before the Monday morning class. By the Wednesday at noon following the class, the student(s) leading discussion will email to the class a document including the discussion questions, any other presentation material, and capturing important discussion points from class.

## Weekly Reading Assignments

### Week 1, January 6: It Starts with a Dream

**Discussion Leader: Kristen**

**Readings:**

- Bloom & Farragher, Chapter 1
- Burstow, B. (2003). Toward a Radical Understanding of Trauma and Trauma Work. *Violence Against Women*, 11, 1293-1317.
- Blackwell, D. (2005). Psychotherapy, Politics and Trauma: Working with Survivors of Torture and Organized Violence. *Group Analysis*, 38(2), 307-323.

### Week 2, January 13: Turning Imagination into Reality

**Discussion Leader: Marina**

**Readings:**

- Bloom & Farragher, Chapter 2
- Ali, A., & Lees, K. E. (2013). The therapist as advocate: anti-oppression advocacy in psychological practice. *Journal of Clinical Psychology*, 69(2), 162-71.
- Walker, M. (2004). Walking a piece of the way: Race, Power, and Therapeutic Movement. In M. Walker & W. B. Rosen (Eds.), *How Connections Heal: Stories from Relational-Cultural Therapy* (35-52). NY: The Guilford Press.

### Week 3, January 20: MLK day, no class (but *read* -- double readings for Week 4)

## **Week 4, January 27: Growth and Change -- and Commitment to Democracy (meeting time might be shifted due to interview day)**

**Note:** meeting time for class might be shifted due to admissions interview day

**Discussion Leaders:** Laura and Zeina

### **Readings:**

- Bloom & Farragher, Chapters 3 & 4
- Freyd (2013) on pathologizing language: <http://dynamic.uoregon.edu/jjf/nonpathologizing.html>
- Allen, J.G. (2013). Treating Attachment Trauma with Plain Old Therapy. *Journal of Trauma & Dissociation*, 14, 367–374.
- Norcross, J.C. and Wampold, B.E. (2011) Evidence-Based Therapy Relationships: Research Conclusions and Clinical Practices. *Psychotherapy*, Vol. 48, No. 1, 98–102

## **Week 5, February 3: Commitment to Nonviolence**

**Discussion Leader:** Jenn L

### **Readings:**

- Bloom & Farragher, Chapter 5
- Safran, J.D., Muran, J.C., and Eubanks-Carter, C. (2011) Repairing Alliance Ruptures. *Psychotherapy*, 48, No. 1, 80–87.
- Birrell, P.J. & Freyd, J.J. (2006). Betrayal trauma: Relational models of harm and healing. *Journal of Trauma Practice*, 5(1), 49-63.

## **Week 6, February 10: Commitment to Emotional Intelligence**

**Discussion Leader:** Carly

### **Readings:**

- Bloom & Farragher, Chapter 6
- Jordan, J.V. (2003) *Valuing vulnerability: New Definitions of Courage*. Working Paper, Wellesley Centers for Women, #102.

## **Week 7, February 17: Commitment to Social Learning**

## **Discussion Leader: Rosemary and Brianna**

### **Readings:**

- Bloom & Farragher, Chapter 7
- Klatzkin, A., Lieberman, A.F., & Van Horn, P. (2013). Child-parent Psychotherapy and Historical Trauma. In J.D. Ford & C.A. Courtois (Eds.) *Treating Complex Traumatic Stress Disorders in Children and Adolescents: Scientific Foundations and Therapeutic Models* (pp 295-314). New York: The Guilford Press.

## **Week 8, February 24: Commitment to Open Communication**

### **Discussion Leaders: Jen G & Alec**

### **Readings:**

- Bloom & Farragher, Chapter 8
- Anderson, H. and H. Goolishian (1992) The Client is the Expert: A Not-Knowing Approach to Therapy. In McNamee, S. and K.J. Gergen (eds.), *Therapy as Social Construction*, London, Sage.
- Freyd, J.J. & Birrell, P.J. (2013) *Blind to Betrayal*. Wiley, Chapter 14.

## **Week 9, March 3: Commitment to Social Responsibility**

### **Discussion Leader: Lindsay**

### **Readings:**

- Bloom & Farragher, Chapter 9
- Comstock, D.L., Hammer, T.R., Strentzsch, J., Cannon, K., Parsons, J., & Salazar, G. (2008). Relational-Cultural Theory: A Framework for Bridging Relational, Multicultural and Social Justice Competencies. *Journal of Counseling & Development*, 86, 279-287.

## **Week 10, March 10: Pulling it All together**

### **Discussion Leader: Sarah**

### **Readings:**

- Bloom & Farragher, Chapter 10
- Eldridge, N.S., Surrey J.L., Rosen, W.L., and Miller, J.B. What Changes in Therapy. Working

Paper, Wellesley Centers for Women, #99.

**Possible Additional readings: (\*For comparison.)**

- Ford & Courtois (Eds, 2013) *Treating Complex Traumatic Stress Disorders in Children & Adolescents*, selected chapters
- Miller, R. M. & Sutherland, K. J. (1999). Partners in Healing: Systemic Therapy With Survivors of Sexual Abuse and Their Partners. *Journal of Family Studies*, 5(1), 97-111.
- \*Fahs, B. (2011). Sexual violence, disidentification, and long-term trauma recovery: A process-oriented case study analysis. *Journal of Aggression, Maltreatment, & Trauma*, 20(5), 556-578.
- \*Weine et al (1998). PTSD Symptoms in Bosnian Refugees 1 Year After Resettlement in the United States. *Am J Psychiatry*, 155, 562-564.

**Related Material:**

- [Special issue of JTD on Non-Pathologizing Approaches](#)
- [The Trauma Healing Project](#)

**About your Instructors**

- [Pamela Birrell](#)
- [Jennifer Freyd](#)



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