

Psychology of Trauma
PSY 472 -- Fall 2015
Syllabus

Fall 2015 Psychology 472
Title: Psychology of Trauma
Instructor: Jennifer Lewis
University of Oregon

Grading option: Optional
Credits: 4
Time: 10:00-11:20 am Mondays and Wednesdays
Place: 111 Lillis

Instructor: Jennifer Lewis
Office: 332 Straub
e-mail: jlewis5@uoregon.edu
Office Hrs: MW 8:30-10am or by appointment

Contacting Instructor: I am best reached by email at jlewis5@uoregon.edu. I check my email at least once a day (unless I am traveling). I will do my best to respond promptly. I would be pleased to have you visit during my office hours.

Overview: This course is designed to introduce students to the psychology of trauma. We will explore psychological trauma from a variety of viewpoints. The course will draw on research and applications from the growing field of traumatic stress with an emphasis on interpersonal trauma and betrayal on both the individual and institutional levels. We will learn about responses to a variety of traumas including childhood trauma, adult sexual assault, war, and domestic violence. An important focus of the course will involve considerations of how socio-political contexts affect trauma research and intervention.

Learning Objectives: The University has asked us to provide learning objectives. Here are some for this class:

1. Identify major theories and research findings in the field of traumatic stress, with a focus on interpersonal trauma and betrayal in individual and institutional levels.
2. Find relevant articles in the traumatic stress literature and integrate this information into your understanding of various types of trauma (e.g., childhood trauma, adult sexual assault, war, domestic violence) and traumatic stress.
3. Identify and consider how socio-political contexts affect trauma research and intervention.
4. Reflect on the meaning of the material to you, your life, society, and scholarship, and convey this understanding through APA-style writing.
5. Utilize the course material and traumatic stress literature to design a new research project or public policy.

Course Requirements

For 472 Students: The course requirements include doing the reading, attending class, writing essays, reading an on-line electronic discussion, in-class and homework assignments, and taking quizzes. There will *not* be a final exam.

Contact Hours and Class Attendance

We will meet each Monday and Wednesday 10:00-11:20 AM and your attendance is expected. This is not a course to take if you anticipate missing more than one class meeting. However, if you are sick with flu symptoms then you

should stay home and not return to classes until you have been without fever for at least 24 hours. Absences should be explained in an email or note to the professor. During class meetings we will combine a variety of activities: lecture, documentaries about trauma or traumatic stress, and small group and class discussion. Films and documentaries are an important part of this class, as many aspects of trauma and traumatic stress are best communicated in a rich medium like film. Some of the documentaries and films that I will show are also available for viewing in the University library, but some of the films I plan to show are not available to view outside of class meeting. Sometimes we will have a guest lecturer with expertise in a particular aspect of the psychology of trauma. You will be responsible for all of this material covered in class (it will be tested on the quizzes).

Required Readings

Readings are assigned on a weekly basis. Readings are to be completed **BEFORE** the class meeting for which they are assigned.

On-line Readings

Many of the assigned readings will be available on-line. On-line readings will be assigned as we go along. To find the on-line article assignment for the upcoming week, check the "Assignments" section of Canvas. There you will find a folder called "On-line reading assignments" with details about what you should read for the next week.

Books

In addition, two books are required for the course. These books can be purchased as paperbacks at the UO Bookstore. If you prefer electronic media you may purchase e-copies from Amazon.

1. [*Trauma & Recovery* / Herman \(1997\)](#)
2. [*Blind to Betrayal* / Freyd & Birrell \(2013\)](#)

Grading Overview

Your grade will be computed by combining your scores in the following overall categories for a total of 100 points:

points	course work
30	Quizzes (best 3 of 4 quizzes worth 10 points each)
30	Short Essays (3 essays worth 10 points each)
20	Long Essay (worth 20 points)
20	Homework and in-class activities
100	Total

Final letter grades will be determined from point totals as follows:

points	letter grade	What do grades mean at the UO?	Percentage of students likely to get this grade based on prior department averages
90-100 **	A	Excellent	about 27%
80-89	B	Good	about 37%
70-79	C	Satisfactory	about 25%

60-69	D	Inferior	about 5%
Below 60	F	Unsatisfactory	about 1%
	Other (P,I,Y)		about 5%

Notes:

****** While we give some -s and +s for grades near a border, we give A+s only very rarely. Please see the Psychology Department's Guidelines for Teaching and Learning at <http://psychweb.uoregon.edu/undergraduates/guidelines> for more on grading and expectations.

Grading and Requirements - More Details

In-Class Quizzes: 30 points

You will have four in-class quizzes, each worth 10 points. Your top 3 quiz scores will be used for your final score out of 30. **There are no make-up quizzes, so if you miss a quiz for any reason your score will be 0 for that quiz.** Quizzes will cover material from readings (including on-line readings and discussion board posts) and in-class material and will be cumulative. Quizzes will be multiple choice and short answer format and will be used to evaluate your understanding and integration of class material.

Short Essays: 30 points

Three short essays will be due, each worth 10 points. A point will be subtracted for each day late. Essays must be uploaded to Canvas by the due date. Each essay should show that you have put thought into the reading material. Think of the short essay as an opportunity to reflect on the readings and the meaning of the material to you, your life, society, and scholarship. The short essays will typically be about two typed pages. Use APA in-text reference style (e.g. Herman, 1997). For quotations give page numbers per APA style. If your reference is to an assigned reading you do not need to include it in the reference section end but if you are using any unassigned material include a full APA-style reference at the end of your essay. Topics for each essay will be posted on Canvas under the "Assignments" folder.

Long Essay: 20 points

One long essay will be due, worth 20 points. Two points will be subtracted for each day late. The long essay must be uploaded to Canvas by the due date. The long essay will involve proposing a new research project or new public policy based on material covered in the course. In addition to using assigned readings, we require you to draw on at least three additional scholarly references for the long essay. Use APA in-text reference style. For quotations give page numbers per APA style. The long essay will typically be about four typed pages. Additional information about the long essay assignment will be posted on Canvas under the "Assignments" folder.

Homework and In-class Assignments: 20 points

Homework and in-class assignments will have point values totaling 20 points over the course of the term.

Re-grading Policy

If you discover we have made an error recording your grade on Canvas please return the graded work and we will correct the error. (It is very wise to check your posted grades on Canvas on a regular basis to make sure we have entered your grades correctly.) If you feel we have graded you unfairly, you may request we regrade the assignment. In order to do this you must return your assignment with a written explanation from you regarding why you feel the

grading was unfair. You must submit the material to us within 1 week of our having returned the materials to you. After that grades on assignments are final.

Course Web Site and On-line Discussion

Key information, including updated assignments and grades, will be posted on Canvas. Plan on checking it at least twice a week.

We will have an electronic discussion on Canvas. You are expected to read the on-line discussions. Posting your own messages is optional but highly encouraged.

Additional Notes

Some useful information about Trauma Psychology

- [Trauma research guide at UO library](#)
- [Scholarly Trauma Journals](#)
- [Films for Psychology of Trauma](#)
- [Fiction and Autobiography](#)
- [Trauma Psychology, APA Div 56](#)

Academic Honesty

All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, paraphrases) must be properly acknowledged and documented. For the consequences of academic dishonesty, refer to the Schedule of Classes published quarterly. Violations will be taken seriously and are noted on student disciplinary records. If you are in doubt regarding any aspect of these issues as they pertain to this course, please consult with the teaching assistant or the instructor before you complete any relevant requirements of the course. (Text adopted here as recommended from UO web site regarding academic honesty). Because some students are not entirely sure what counts as academic dishonesty, we encourage you to read the discussion of plagiarism and other forms of dishonesty at

<http://tep.uoregon.edu/workshops/teachertraining/learnercentered/syllabus/academicdishonesty.html> and at http://uodos.uoregon.edu/StudentConductandCommunityStandards/StudentConductCode/tabid/69/Default.aspx#Academic_Misconduct. You may also find useful these guidelines for avoiding plagiarism: <http://libweb.uoregon.edu/guides/plagiarism/students/>.

Your written assignments will be evaluated by SafeAssign. SafeAssign is a software tool designed to help students avoid plagiarism and improper citation. The software encourages original writing and proper citation by cross-referencing submitted materials with an archived database of websites, essays, journal articles, and other published work. The instructor may in some cases also submit your work to SafeAssign or some other plagiarism analysis and detection program. By enrolling in this course you grant the instructor permission to do so.

Uncollected Assignments and Quizzes

We will do our best to return your graded work (quizzes, essays, etc.) in a timely and confidential manner. During the term we will typically have your work graded one to two weeks after you turn the work in to us. If you do not collect your materials, we will retain them for only one term and after that must destroy them. So please do collect your graded work from us.

Students with Directory Restricted Access

This course includes group and on-line participation. If you have restricted access to your directory information and wish to have special arrangements made for this course, please notify the instructor immediately.

Academic Accommodations

Please talk with the instructor or teaching assistant if you require academic accommodations. See the [Accessible Education Center](#) for more information about documenting accessibility needs.

Cell Phones & Laptops

Because cell phone use (e.g., text messaging, internet browsing, playing games, Facebook, etc.) is often disruptive to others in the classroom, cell phone use is prohibited during class time. Cell phones must be silenced or set to vibrate. Only emergency-related use of cell phones is allowed during class. Laptops and similar electronic devices may be used only for note taking because any other use can be extremely disruptive to other students in the class. If you do use a laptop to take notes during class, please sit in the back rows of the classroom. Typing notes during class can be disruptive for people sitting behind you or near you. Any other use of laptops or electronic devices besides note taking is prohibited during class.

A Special Note about The Nature of Discussions in this Class

In this class we will be discussing issues which may have, at times, an intense personal significance for some members of the class. There are no taboos for discussion topics in this course. We will exercise and respect freedom of speech. At the same time, we must take responsibility to ensure that we are respectful of everyone's opinion and that we stay on topic. We will be focusing especially on critical thinking and the use of empirical data to evaluate theories about trauma. If you find you are troubled by material while taking this course, and need support or counseling, please be sure to pursue that external support by seeking out a supportive friend, counselor, and/or a social service.

Students who are victims of sexual violence (updated July 2015)

The instructor and teaching assistants may be required to let the Office of the Dean of Students or the Office of Affirmative Action & Equal Opportunity know about discrimination, harassment, or physical and sexual assault that students disclose in our presence. We will protect your privacy as much as we are allowed but this is a contested area right now. Given this uncertainty, we recommend you consider other options for disclosing information and/or seeking assistance.

A sample of informational, counseling, and social service resources follows. **Disclaimer: We do not assume any responsibility for the accuracy of information or quality of services offered by the following organizations or individuals.** *We also recommend that you carefully review the confidentiality policy and practices of any of these agencies or others before sharing private information.*

Any student who has experienced sexual assault, relationship violence, stalking, and/or sexual harassment may seek help by contacting Renae DeSautel, Sexual Violence Response & Support Services Coordinator, desautel@uoregon.edu. You can also call 541 346-SAFE, UO's 24 hour hotline to be connected to a counselor.

In addition, the UO Ombudsperson Bruce MacAllister (541 346-6400 or ombuds@uoregon.edu) can provide assistance. You can also contact any imam, pastor, priest, rabbi, or other member of the clergy. In theory, these individuals have an obligation not to reveal your name or other specific information without your permission. *As mentioned earlier, we recommend that you carefully review the confidentiality policy and practices of any of these individuals, agencies, or others before sharing private information.*

Crisis Line		UO Ombudsperson	541 346-6400
Whitebird Clinic Crisis Line	541-687-4000	SAFE, the UO's 24 hour hotline	541 346-SAFE
Womenspace Crisis Line	541-485-6513	UO Women's Center	541-346-4095
<i>Local Counseling</i>		Law School Clinic for Survivors	541-346-8619
Center for Community Counseling	541-344-0620	Multicultural Center	541-346-4321
Options Counseling Services	541-687-6983	LGBT Educational and Support Services	541-346-6105
Sexual Assault Support Services (SASS)	541-484-9791		

Some Additional Campus Resources

Additional sources of information

- [Not Alone](#)
- [Clery Act](#)
- [Know your IX](#)
- [Oregon Sexual Assault Task Force Campus Subcommittee](#)
- [UO Senate Task Force to Address Sexual Violence and Survivor Support](#)

Weekly Schedule of Topics, Readings, and Assignments

About the Readings: Book chapters are assigned in the weekly schedule list below. On-line readings will be assigned as we go along. To find the on-line article assignment for the upcoming week, check the "Assignments" section of Canvas. There you will find a folder called "On-line reading assignments" with details about what you should read for the next week. *Readings should be completed before the Monday class each week!*

Week 1 (September 28 and September 30): Beginnings

No readings or homework assigned for Week 1

Week 2 (October 5 & 7): Introduction to Trauma and Betrayal

Read: Herman Intro & chapter 2 and 3; Freyd & Birrell Preface & chapter 1-2

Turn in: Personal Index Cards (worth 3 points toward homework) due October 5 at 10:00 AM

Complete in class: Quiz #1 on October 7

Week 3 (October 12 & 14): Response to Trauma 1

Read: Herman chapters 1; Freyd & Birrell chapters 3; *AND on-line readings*

Guest on October 12: Pam Birrell – The history of PTSD diagnosis

Review the Assignment on Canvas – Review 3 listed websites

Guest on October 14: Jen Gomez – Cultural Betrayal Trauma

SPECIAL READING ASSIGNMENT – two online articles, See Canvas

Submit on-line: Essay #1 due by Sunday October 11th at 11:59 PM.

Week 4 (October 19 & 21): Response to Trauma 2

Read: Herman chapters 4 & 5; Freyd & Birrell chapters 4 & 5; *AND on-line reading to be assigned*

Complete in class: Quiz #2 on October 21

Week 5 (October 26 & 28): Response to Trauma 3

Read: Herman chapter 6; Freyd & Birrell chapters 6 & 7; *AND on-line reading to be assigned*

Guest on October 26: Elaine Walters

Submit on-line: Essay #2 due by Sunday October 25 at 11:59 PM.

Week 6 (November 2 & 4): Response to Trauma 4

Read: Herman chapter 7; Freyd & Birrell chapters 8 & 9; *AND on-line reading to be assigned*

Complete in class: Quiz #3 on November 4

Week 7 (November 9 & 11): Telling and Knowing

Read: Herman chapter 8; Freyd & Birrell chapters 10 & 11; *AND on-line reading to be assigned*

Submit on-line: Essay #3 due by Sunday November 8 at 11:59 PM.

Week 8 (November 16 & 18): Healing

Read: Herman chapter 9; Freyd & Birrell chapters 12 & 13; *AND on-line reading to be assigned*

Guest on November 18: TBD

Complete in class: Quiz #4 on November 18

Week 9 (November 23 & 25): Moving On

Read: Herman chapters 10 & 11; Freyd & Birrell chapter 14; *AND on-line reading to be assigned*

Submit on-line: Long Essay due by Sunday November 22 at 11:59 PM.

Week 10 (November 30th & December 2): Commonality

Guest on November 30: Ron Unger, MSW – Trauma and Psychosis

Read: *on-line reading to be assigned*

Turn in: In class assignments each day.

