

**Psychology of Trauma
Pacific 16
Marina Rosenthal, MS**

**Office Hours:
11:30-1:30 Wednesdays and by appointment
Straub 364**

"The ordinary response to atrocities is to banish them from consciousness. Certain violations of the social compact are too terrible to utter aloud: this is the meaning of the word unspeakable. Atrocities, however, refuse to be buried."
Judith Lewis Herman

"Freedom is what you do with what's been done to you."
Jean-Paul Sartre

Welcome to Psychology of Trauma. This course will introduce you to the field of trauma psychology. We will focus on interpersonal trauma including childhood abuse, adult sexual assault, domestic violence, and sexual violence in the military. We will explore the physical, cognitive, emotional, and relational consequences of these interpersonal traumas. Additionally, we will consider the process of healing after trauma, including a review of evidence-based therapies that specifically address healing from trauma. Finally, we will explore mechanisms of justice that take into account the unique consequences and causes of interpersonal trauma.

Accommodations and Support

It is important to me that all students have the opportunity to succeed. Please talk with me during the first week of class if you use academic accommodations (formal such as the AEC or informal such as preferred seating or means of communication) or anticipate difficulties due to material or other circumstances. Additionally, please feel free to speak with me as the term progresses if any of the above issues arise. I am committed to providing a positive academic experience for everyone.

Personal Experiences with Trauma

In my role as a Graduate Teaching Fellow, I am required to let the Office of the Dean of Students or the Office of Affirmative Action & Equal Opportunity know about any discrimination, harassment, or physical and sexual assault students disclose to me (or in my presence). This poses special difficulties in a class about trauma where discussion plays an important role. We will discuss the implications of this more fully in class.

Readings

There is no textbook required for this course. All readings will be posted on Canvas under *Modules*.

Evaluation

Reading Accountability (15% of total grade):

Reading the assigned articles is an integral part of being a learner in this course. At the beginning of class each day, you will take a 5-10 minute quiz. Quizzes will consist of several questions on the readings that were assigned for that day. If you are not in class when we take the daily quiz, you will not be able to make up credit for it. If you enter class late, and we are still taking the quiz, you may

complete as much of it as you can until time is up. Please bring a pen or pencil and a piece of paper to every class in order to complete the quiz.

Citizenship (15% of total grade):

Citizenship is comprised of two components. First, as a citizen of this academic community, you are expected to attend class. I expect you to come on time and stay for the duration. If you leave early, you will not receive any credit for attending (although you will receive a grade for your quiz). Your absence, tardiness, or departure from class prevents all of us from learning. Your presence is important! Second, you are expected to come prepared and ready to participate in a meaningful fashion. Participation should be thoughtfully informed by the lecture and readings. Positive participation involves knowing when you have taken up enough space for the day and when you have not contributed much. Share the space, and you will learn more from each other!

Homework (20% of total grade):

You will spend much of this course reading empirical journal articles, which are at times challenging and dense. To offset this, your homework assignments will offer a different perspective: first person narratives via podcast episodes. You will have four homework assignments throughout the term, each of which will ask you to reflect on a podcast that provides a first person account of trauma. These assignments will offer you the opportunity to explore your thoughts about the material in an applied context. Although these are informal assignments, I expect you to put time and thought into them. They will be graded on effort and depth. Papers that do not meet the page requirements or do not address all components of the assignment will not receive full credit.

Homework must be submitted on Canvas by 10:00 AM on the day they are due.

Term Paper (50% of your total grade):

- Term Paper – Outline and Reference List (10% of your total grade)
- Term Paper – Final Version (40% of your total grade)

As a student in this course, you will pick a sub-topic within trauma psychology on which to write an in-depth review of the literature. You should pick a topic that is meaningful and interesting for you, as you will spend substantial time reading and writing about this topic. Your topic should be specific enough that you have a distinct and narrow focus as you write, but broad enough so that there are many high quality sources available to you. For example, resilience after sexual abuse would be an appropriately narrow topic, while sexual abuse itself would be too broad.

You must select and submit a proposed paper topic by Wednesday of Week 3. I encourage you to consult with me in person about interesting and appropriate topics.

Additionally, an outline and tentative reference list for your paper is due by Monday of Week 6. I will provide detailed information on Canvas regarding the specific requirements of this assignment.

Final papers must be 12-15 pages in length and must be written in APA style (please see <https://owl.english.purdue.edu/owl/resource/560/01/> for detailed information about APA formatting).

More detailed information about the term paper will be provided on Canvas.

Late Work

If you turn in a homework or paper within 24 hours of when it was due, you will lose 10% on the assignment. If you turn in your work 24-48 hours late, you will lose 20% on the assignment. If you

turn in your work 48-72 hours late, you will lose 30% on the assignment. Work that is more than 72 hours late will not be accepted.

Cheating and Plagiarism

Do not cheat or plagiarize! These are serious offenses that I will respond to with the most severe action at my disposal. Consequences include failing the assignment or quiz, failing the class, or being excused from the college. If you are struggling with the course, please come see me. Do not resort to cheating!

Course Schedule

Date	Topic	Readings	Assignments Due
<i>Week 1</i>			
Monday, January 4	What is Trauma?		
Wednesday, January 6	Theories of Trauma	Briere & Scott (2012)	
<i>Week 2</i>			
Monday, January 11	The Body After Trauma: Stress and Health	van der Kolk (2003)	
Wednesday, January 13	The Mind After Trauma: Dissociation and Memory	Freyd, DePrince, & Zurbriggen (2001)	Homework 1 due by 10:00am
<i>Week 3</i>			
Monday, January 18	MARTIN LUTHER KING JR. DAY NO CLASS		
Wednesday, January 20	Rape	Moor, Ben-Meir, Golan Shapira, & Farchi (2013)	Term paper topic due by 10:00am
<i>Week 4</i>			
Monday, January 25	Child Abuse and Intimate Partner Violence	Herman (1977) Anderson & Saunders (2003)	
Wednesday, January 27	Military Sexual Trauma	Reinhardt, Smith, & Freyd (2015) Kimerling et al. (2007)	Homework 2 due by 10:00am
<i>Week 5</i>			
Monday,	Cycle of Violence	Becker-Blease &	

February 1		Freyd (2007)	
		McCloskey & Bailey (2000)	
Wednesday, February 3	Disclosure	Staller & Nelson-Gardell (2005)	
		Ahrens, Stansell, & Jennings (2010)	
Week 6			
Monday, February 8	Institutional Betrayal on Campus	Smith & Freyd (2013)	Term paper outline and reference list due by 10:00am
Wednesday, February 10	Diagnosing Trauma	Herman (1992)	
		Kaehler & Freyd (2009)	
Week 7			
Monday, February 15	NO CLASS: WORK ON YOUR PAPERS!!!		
Wednesday, February 17	Relational Therapy: Guest Lecture by Pam Birrell	Riggs & Bright (1997)	
Week 8			
Monday, February 22	Cognitive Therapy	Wagner (2007)	
Wednesday, February 24	Supporting Survivors: Hearing the Unspeakable	Zurbriggen (2011)	Homework 3 due by 10:00am
Week 9			
Monday, February 29	Resilience, Recovery, and Growth	Anderson & Hiersteiner (2008)	
		Thompson, Arnkoff, & Glass (2011)	

Wednesday, Sex and Love after Sexual Trauma Maltz (2002)
March 2

Mills & Turnbull
(2004)

Week 10

Monday, Trauma and Justice Herman (2005)
March 7

Wednesday, Trauma and Activism Holt (2000) Homework 4 due by
March 9 10:00am

Finals Week

Tuesday, Term Paper due by
March 15 midnight
