

THE CONTENT OF THIS DESCRIPTION IS NOT A LEARNING CONTRACT AND THE INSTRUCTOR IS NOT BOUND TO IT. IT IS OFFERED IN GOOD FAITH AND INTENDED AS A HELPFUL GUIDE TO THE STUDENT.

TITLE: Trauma and Spiritual Care

TERM: Spring 2023-24

PROFESSOR: Beverly Wallace

CREDIT HOURS: 3

REGISTRATION: LIMITED TO: 15
AUDITORS:

UNLIMITED
NO AUDITORS X

COURSE DESCRIPTION:

This course is an exploration and an investigation of the nature and dynamics of Trauma with an emphasis in trauma informed spiritual care. This course engages grief and trauma both in the intimacy of personal relationships as well as traumatic experiences arising from loss of racism, natural disasters, employment, church closure, and other forms of communal loss. Discussion of communal and one-on-one forms of caring for those who are experiencing trauma with the analysis of the theology of grief implicit in such care, particularly related to questions of theology will be explored. Special attention is paid to the communal trauma care elements of rituals in times of loss as well as challenges arising for communities in multi-faith context.

CLASS OBJECTIVES:

By the conclusion of this semester a student will be expected to be able to:

- (a) demonstrate a systematic understanding of key issues and themes in the study of Trauma that is informed by recent developments in research and which appreciates the limits of academic knowledge.
- (b) Articulate an understanding of the impact of historical trauma and other trauma experiences on the lives of individuals, families, communities and congregational as they relate to the understandings of the functions of pastoral/spiritual care.
- (c) Understand how their own trauma experience might inform how they engage with and care for others
- (d) Develop a plan of Trauma Informed Care for congregation and/or community care

PREREQUISITES: None

REQUIRED TEXTBOOKS/READING:

- Levin, Peter (1997). Waking the Tiger, Healing Trauma. ISBN-10 - 155643233X
- Menakem, Resmaa (2017). My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies. ISBN-10 - 1942094477
- Van der Kolk, Bessel (2015). The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma. ISBN -10: 0143127748
- **Trauma Redefined in the DSM-5: Rationale and Implications for Counselling Practice**
<https://tpcjournal.nbcc.org/trauma-redefined-in-the-dsm-5-rationale-and-implications-for-counseling-practice/>

ASSIGNMENTS & GRADING:

1. **CLASS PARTICIPATION** (including small groups) – 15 points
2. **PERSONAL NARRATIVE PAPER** – 10 points
3. **FORUM POSTINGS** – 25 points
4. **BOOK REVIEW** – 15 points
5. **FINAL PROJECT** – 35 points

NOTE: Details about assignments will be found in the syllabus.

ATTENDANCE: Required.