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## CNSK 2503: Introduction to Trauma Informed Practice

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### EFFECTIVE DATE

January 2021

### DEPARTMENT

Counselling Skills

### DESCRIPTION

This course is designed to increase understanding of trauma, to support clients who present with trauma, and to explore the relationship between addictions and trauma.

### CREDITS

1.5

### YEAR OF STUDY

2nd Year Post-secondary

### PREREQUISITES

None

### COREQUISITES

None

### COURSE LEARNING OUTCOMES

Upon successful completion of this course, students will be able to:

- Describe trauma and the bio-psycho-social impact of trauma
- Describe the interrelationship between trauma and addiction
- Identify how trauma and addiction are located in and impacted by social-political-historical contexts
- Identify clients' resiliency, wisdom, and resistance while recognizing that trauma responses are adaptive and ensure survival
- Incorporate trauma informed practice skills and maintain safety within the helping relationship and counselling space
- Apply ethical conduct by practicing self-awareness to manage helper responses to trauma including biases, triggers, and vicarious trauma

## **PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)**

PLAR will be assessed by the Department according to standardized practice and using one or more of the following components: Challenge Exam, Demonstration, Interview, or External Evaluation.

## **HOURS**

Lecture: 22

## **INSTRUCTIONAL STRATEGIES**

Lecture, videos, small/large group discussion/work, reflective exercises, reflective writing, case studies, readings, guest speakers

## **GRADING SYSTEM**

Letter Grade (A-F)

## **PASSING GRADE**

C (60%)

## **EVALUATION PLAN**

Type	Percentage	Assessment activity
Assignments	30	Case studies
Assignments	30	Filmed practice Counselling session with self-evaluation
Assignments	20	Journal
Quizzes/Tests	10	
Participation	10	Professionalism and participation

## **COURSE TOPICS**

- What is Trauma
  - Connection with Addiction and Trauma
  - Contextualizing Trauma and Addiction
  - Coping, Strengths, Responses, and Resiliency
  - Trauma Informed Practice
  - Ethics and Self-Awareness in Trauma Informed Practice

## LEARNING RESOURCES

None

Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:  
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

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### Broadway campus

1155 East Broadway  
Vancouver, B.C. Canada  
V5T 4V5

### Downtown campus

250 West Pender Street  
Vancouver, B.C. Canada  
V6B 1S9

### Annacis Island campus

1608 Cliveden Avenue  
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