

**ADLTED 735.2 Course Outline as of Fall 2022****CATALOG INFORMATION**

Dept and Nbr: ADLTED 735.2 Title: TRAUMA INFORMED PT 1

Full Title: Trauma Informed Relationships--Part 1

Last Reviewed: 11/13/2017

Units		Course Hours per Week	Nbr of Weeks	Course Hours Total	
Maximum	0	Lecture Scheduled	0	6	Lecture Scheduled 0
Minimum	0	Lab Scheduled	2.00	4	Lab Scheduled 12.00
		Contact DHR	0		Contact DHR 0
		Contact Total	2.00		Contact Total 12.00
		Non-contact DHR	0		Non-contact DHR 0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 12.00

Title 5 Category: Non-Credit

Grading: Non-Credit Course

Repeatability: 27 - Exempt From Repeat Provisions

Also Listed As:

Formerly:

**Catalog Description:**

This course is designed to help make sense of the often intense, unusual, and hard-to-understand behaviors of traumatized children at home or at school. This is the second of a two-part sequence in a certificate offered for foster, adoptive, and kinship caregivers for children in out-of-home care, as well as any mandated reporter who works with school-aged children dealing with trauma.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of ADLTED 734A

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course is designed to help make sense of the often intense, unusual, and hard-to-understand behaviors of traumatized children at home or at school. This is the second of a two-part sequence in a certificate offered for foster, adoptive, and kinship caregivers for children in out-of-home care, as well as any mandated reporter who works with school-aged children

dealing with trauma. (Non-Credit Course)

Prerequisites/Corequisites:

Recommended: Course Completion of ADLTED 734A

Limits on Enrollment:

Transfer Credit:

Repeatability: Exempt From Repeat Provisions

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Effective:	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

**Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Effectively identify and explain various kinds of trauma, their behaviors and indicators.

**Objectives:**

Upon completion of the course, students will be able to:

1. Compare and contrast Trauma, Complex Trauma, and Post-Traumatic Stress Disorder
2. Define and describe how Oppositional Defiance Disorder and Combat Stress Reaction can be mistaken for Trauma
3. List various behaviors and indicators of trauma exposure

**Topics and Scope:**

I. Types of Trauma

- A. Trauma from one-time events
- B. Complex Trauma from multiple or on-going events
- C. Post-Traumatic Stress Disorder
- D. Discerning between Complex Trauma and Post-Traumatic Stress Disorder

II. Frequent Responses to Trauma

- A. Physical
- B. Emotional
- C. Psychological
- D. Behavioral

III. Frequently Misused Diagnoses of Trauma Responses

- A. Oppositional Defiance Disorder
- B. Combat Stress Disorder

#### IV. Identifying Trauma Exposure

- A. Emotional Dysregulation/Numbing
- B. Hyperarousal and Sleep Disturbances
- C. Intrusive Thoughts and Memories
- D. Triggers and Flashbacks

#### Assignment:

1. Quick writes and journal entries (6 - 10)
2. Case studies (2 - 4)
3. Venn diagrams (2 - 3)
4. One-page response paper
5. Reflection paper on the impacts of family trauma (1 - 2 pages)

#### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Quick writes and journal entries; response paper; reflection paper

Writing  
40 - 50%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Case studies; Venn diagrams

Problem solving  
30 - 40%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

None

Exams  
0 - 0%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Active participation and attendance

Other Category  
20 - 30%

#### Representative Textbooks and Materials:

Instructor prepared materials