

CATALOG INFORMATION

Dept and Nbr: ADLTED 735.3 Title: TRAUMA INFORMED PT 2  
Full Title: Trauma Informed Relationships--Part 2  
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. Part Two of this sequence focuses in greater detail on the physical, emotional, and psychological impacts of trauma on the central nervous system.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Course Completion of ADLTED 734B and ADLTED 735.2

**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. Part Two of this sequence focuses in greater detail on the physical, emotional, and psychological impacts of trauma on the central nervous system. (Non-Credit Course)  
Prerequisites/Corequisites:

Recommended: Course Completion of ADLTED 734B and ADLTED 735.2

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, including associated behaviors and indicators.
2. Describe the effects of trauma on the central nervous system.

### **Objectives:**

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

1. Identify and explain common childhood "bad" behaviors and their connection to hypervigilant/traumatized central nervous system overload;
2. Describe the General Family Systems concepts of Tribe vs. Non-Tribe in response to resources, tolerance of challenges, and hypervigilance;
3. Develop skills in self/other-regulation, oxygenation practices, Eye Movement and Desensitization and Reprocessing (EMDR), and Emotional Freedom Technique (EFT) for home and classroom.

### **Topics and Scope:**

#### **I. Impacts of Trauma**

- A. Physical
- B. Emotional
- C. Psychological
- D. Impact on the central nervous system

#### **II. How Lack of Social Capital Impacts and Perpetuates Long-term Effects of Trauma**

- A. What is Social Capital?
- B. Family and other resources
- C. Lack of resources and their effects

#### **III. Approaches to Help Youth Move through Trauma**

- A. Stability at home
- B. Stability at school

### 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 personal dysregulation (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.

Venn diagrams; case studies

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