



## SYLLABUS TEMPLATE

<b>Course Number</b> <b>Course Name</b>	PSY 286 Introduction to Posttraumatic Stress Disorder, Diagnosis and Treatment (3)
<b>Credit Value</b> <b>(Breakdown of theory and lab credits)</b>	(3, 3T+0S) Theory
<b>Catalog Course Description</b>	This course introduces you to the traditional areas of psychology including psychobiology, learning, motivation, personality, psychopathology, psychotherapy and social problems. You will examine factors that determine and affect behavior, with emphasis on psychological principles applied to the human experience. Prerequisite ENG 109 or adequate score on the College Placement test. (3, 3T+0S)
<b>Student Learning Outcomes/Objectives /Competencies of the Course</b>	<p><i>Upon completion of the course students will be able to:</i></p> <ol style="list-style-type: none"> <li>1. Describe and list the types of psychological trauma</li> <li>2. Describe and list the PTSD symptom clusters for various types psychological trauma and victim populations.</li> <li>3. For the various PTSD Symptom Clusters, the student will be asked to outline the Development, and Course of Treatments available</li> <li>4. For complex trauma, to list complex reactions and be able to conduct assessment and develop treatment plans.</li> <li>5. Compare approaches to Treating Trauma: Core Beliefs, Cognitive Restructuring, and Exposure-based Treatments</li> <li>6. Evaluate empirically supported psychological treatments for adult acute stress disorder and posttraumatic stress disorder</li> <li>7. Understand the importance of maintaining the safe and effective therapeutic relationship in the context of distrust and anger: Countertransference and complex trauma.</li> </ol>
<b>College-Wide Student Learning Outcomes</b>	This course fits into the University-wide competencies 03 Communication and 04 technology and research. 03 Communication is measured by the preparation of the student to engage in assessment of the levels of trauma presented and respond with effective therapeutic interventions. 04 technology and research is measured by the exams which will assess the student's ability to use technical assessment tools. Thus, this course aligns with the College Wide Competencies of Communication and Research.

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