



EAST TENNESSEE STATE  
UNIVERSITY

Clemmer College of Education  
Department of Counseling and Human Services  
COUN 5440  
Treating Trauma and Abuse in the Family  
Spring 2021  
Mondays, 8:00am-11:00am, Room 302 Warf Pickel

**Instructor Information:**

Sybil R Smith, MA, LPCS/MHSP, MT-BC  
Adjunct Professor  
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**Office Hours:**

Wednesdays 4:00-5:00 p.m., drop in zoom  
Fridays 1:30-3:30pm \* by appointment  
*\*Office availability is off campus; please contact me to make an appointment.*

**Class Meetings and Location:**

Room # 302 Warf Pickel Hall  
In case of inclement weather, pandemic rise, etc, we will meet online:  
Zoom ID and link: 423 423 5880 <https://etsuhipaa.zoom.us/my/sybilrsmith>

**Alternate Instructor:**

In preparation for possible COVID-19 infection and time away from class, Dr. Mickey White will be the alternate instructor during the time away.

**Course Format\*:**

- Didactic instruction and assignments regarding selected topics
- Sharing, discussion, and critique of internship experiences in the group setting
- Case Conceptualization

**Catalog Description and Topics:**

This course examines current research and theory regarding sexual and physical abuse of children and intimate partner violence, including causes, dynamics, and consequences. Emphasis is given to treatment approaches that are caring and socially responsible in working with individuals, couples and families from diverse populations involved in abusive situations. Critical and reflective practices regarding case conceptualization will be required.

**Prerequisite(s):**

Admission to the program, graduation from a Masters Program in Counseling or permission from the professor.

**Required Resources:**

- Waking the Tiger by Peter Levine
- The Pocket Guide to Sensorimotor Psychotherapy in Context by Pat Ogden

**Recommended Resources:**

- <https://www.youtube.com/playlist?list=PLGMiyMikMMt1WBjWbJREof2PG1x0IWDPg>

**Additional Requirements:**

- Reading, listening, and video material as assigned through class
- Weekly personal reflection assignments
- Topic discussion in class

**Learning Outcomes and Course Goals**

The purpose of this course is to increase counselors' awareness of issues of trauma and how to respond to them in a useful manner.

**Course Objectives and the Council for Accreditation of Counseling and Related Educational Programs (CACREP) 2016 Standards**

The following table contains course objectives, methods of assessment, and applicable CACREP Standards:

<i>Counseling and Helping Relationships</i>	<i>CACREP Standard</i>	<i>Curriculum/Evaluation Outcomes</i>
1. suicide prevention models and strategies	2.F.5.1	Class #1 Discussion; Case Conceptualization

2. crisis intervention, trauma-informed, and community-based strategies, such as Psychological First Aid	2.F.5.m	Class #2 Discussion; Case Conceptualization
<i>Human Growth and Development</i>	<i>CACREP Standard</i>	<i>Curriculum/Evaluation Outcomes</i>
1. effects of crisis, disasters, and trauma on diverse individuals throughout the lifespan	2.F.3.g	Class #1 Discussion; Case Conceptualization
2. ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan	2.F.3.i	Class #4 Discussion and Reflection Assignment
<i>Assessment and Testing</i>	<i>CACREP Standard</i>	<i>Curriculum/Evaluation Outcomes</i>
1. procedures for identifying trauma and abuse and for reporting abuse	2.F.7.d	Class #1 Discussion
<i>Clinical Mental Health Counseling</i>	<i>CACREP Standard</i>	<i>Curriculum/Evaluation Outcomes</i>
1. etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders	<i>CMHC C.2.b</i>	Case Conceptualization
2. impact of crisis and trauma on individuals with mental health diagnose	<i>CMHC C.2.f</i>	Class #2 Discussion; Case Conceptualization

**Course Requirements**

**In order to meet the objectives of this course, the following are required of all students:**

**1. Class Attendance and Discussion Participation**

Most of class time is for topic discussion and practice skills. Therefore, participation and attendance is vital to deepening learning. If a student is unable to attend a class meeting, they are expected to notify the course instructor in advance. Students are allowed **one** class absence and may use this for illness, a mental health day, or an unexpected family emergency or personal issue. Any additional absences will result in a reduction of participation points. Arriving to class late or leaving early multiple times can be disruptive and, therefore, will also affect a student's participation grade. Please note that use of professional language is required at all times, and the use of inflammatory or aggressive comments are prohibited. It is expected that differing opinions will be shared and discussed respectfully.

**2. Case Conceptualization**

Students will submit a written case study to the instructor (format will be provided on D2L). The purpose of this assignment is to consider multiple aspects of the client and their relation to the process of healing from trauma. This will be due on the last class of the semester.

**3. Reflection Assignments**

Each student is expected to engage in ongoing learning projects, reading, and process focused reflection that will deepen their understanding and competency in areas of ethics, trauma, suicide prevention, assessment, diagnosis, self care, models of care, and multicultural competence. These assignments are self-paced and will be discussed during class periods each week. Evaluation is based on participation in the topic discussion.

**Grading Policy**

Course grades will be assigned by the internship instructor. The grades assigned will reflect the ongoing evaluations conducted by the instructor and site supervisor. Letter grades will be assigned by the course instructor based on the following considerations as well as meeting the course competencies outlined above.

<b>Assignment/Task</b>	<b>Points</b>
Discussion Participation	52 points
Reflection Assignments	24 points
Case Conceptualization	24 points
<b>Total</b>	<b>100</b>

**Based on the following scale:**

94% and above = A  
93%-90% = A-  
89%-87% = B+  
86%-84% = B

83%-80% = B-  
79%-77% = C+  
76%-74% = C  
73% and lower =F

**Course Schedule\***

<b>Week</b>	<b>Date</b>	<b>Topics</b>	<b>Assignments Due</b>
1	1/24	Trauma Overview: diagnosis, reporting, suicide prevention	Class Discussion
2	1/31	Effects of crisis on diverse populations; phases of treatment; crisis intervention	Class Discussion
3	2/7	Neurobiology of Trauma	Class Discussion, Reflection #1
4	2/14	Building Safety and Resiliency	Class Discussion
5	2/21	Sensation, Perception, and Tracking Skills	Class Discussion, Reflection #2
6	2/28	Dissociation, Titration, and Pendulation	Class Discussion
7	3/7	Top Down and Bottom Up Processing	Class Discussion, Reflection #3
8	3/14	* SPRING BREAK *	NO CLASS
9	3/21	Corrective and Missing Experiences	Class Discussion
10	3/28	Relationship and Attachment Models	Class Discussion, Reflection #4
11	4/4	Discharge and Somatic Models	Class Discussion
12	4/11	Trauma Narratives and Coherent Narratives and Memory Reconciliation	Class Discussion, Reflection #5
13	4/18	Self Regulation, Orienting, Mindfulness and Integration	Class Discussion
14	4/25	* FINAL CLASS *	Class Discussion, Reflection #6
15	5/2	* MAKE UP CLASS *	Case Conceptualization Due

\*This course schedule is subject to change.

## Course Policies

**Academic Conduct:** According to university policy, “plagiarism, cheating, and other forms of academic dishonesty are prohibited. Students guilty of academic misconduct, either directly or indirectly, through participation or assistance, are immediately responsible to the instructor of the class. In addition to other possible disciplinary sanctions which may be imposed through the university’s academic misconduct policy as a result of academic misconduct, the instructor has the authority to assign an ‘F’ or a zero (‘0’) for the exercise or examination, or to assign an ‘F’ in the course” (2021-2022 Graduate Catalog, “Academic and Classroom Misconduct”).

**Expectations of Students:** Students who are enrolled in this course are expected to (1) participate, (2) communicate with other students; (3) learn how to navigate and successfully use D2L; (4) keep updated of course announcements; (5) use the assigned university email address as opposed to a personal email address; and (6) address technical problems immediately. Academic policies pertaining to graduate students can be found at [2021-2022 Graduate Catalog](#).

**Communication:** All communication between students and the instructor will occur either on ground during scheduled class meetings, via phone, via electronic mail, or during the instructor’s office hours. Instructor response time will normally occur within 24 hours and will not exceed 48 hours Monday through Friday. Instructor responses will be delayed during the weekend (Saturday and Sunday). If a student emails the instructor on Saturday or Sunday, they will receive a response on the following Monday. Feedback on assignments will typically occur within 7 days of the due dates. Students will be notified if the instructor is unable to meet those times. Important information regarding the Spring 2022 semester and successful student habits can be found at [Important Information and Student Tips](#).

**University E-Mail:** According to university policy, “all official university communications will be sent to the university email address. Faculty, staff, and students may assume that official ETSU email is a valid communication mechanism. Therefore, the university has the right to send communications to students, faculty, and staff via email and the right to expect that those communications are received and read in a timely fashion. Since this is our primary method of communication, email should be checked at least daily. Although students may choose to forward university email to an external email account, he or she is responsible for all information, including attachments” (2020-2021 Graduate Catalog, “Electronic Mail”). Assistance with using D2L and university email can be found by calling Information Technology Services at (423) 439-4648 or emailing them at [itshelp@etsu.edu](mailto:itshelp@etsu.edu).

**Course Evaluation:** You will have the opportunity to evaluate the course and the instructor at the conclusion of the course. You are welcome, however, to meet with the instructor about any course-related concerns.

**Late Assignments:** Timeliness is of utmost importance in the field; this class will reflect the values of the field. All assignments are due on the specified due date unless alternative arrangements have been made with the instructor prior to the due date. It is each student’s responsibility to manage their time and pay attention to due dates for all assignments. Except in

the cases of individual and family emergencies, assignments turned in late will have points deducted for each day an assignment is late. More specifically, 1 point will be deducted each day, regardless of the assignment. For example, if paperwork is turned in one day late, 1 point will be deducted

**Technology Use during Class:** The sight of a screen (even a screen that is turned off) pulls 30% of our attention to external sources related to our relationship with the screen, restricting our learning capacity. Please turn cell or smart phones on silent (Airplane mode preferred) and out of sight during class. Messaging during class is not permitted. If you anticipate a potential emergency situation, consult with your instructor **before** class to determine an appropriate response. In-class computer use is also restricted only to activities involving zoom meeting, presentation or reference material.

**Writing and/or Presentations:** Presentations and projects should reflect professional quality, which includes the use of appropriate grammar, logical reasoning, and appropriate professional references that support meaningful points.

### **Campus Services and Resources**

**Bucky's Food Pantry:** If you find it difficult to afford food, please consider visiting Bucky's Food Pantry on the ETSU campus. Requests for food can be made by completing an application online at [Bucky's Food Pantry](#). For additional questions about Bucky's Food Pantry, call (423) 439-4234 or email at [foodpantry@etsu.edu](mailto:foodpantry@etsu.edu).

**ETSU Counseling Center:** If you experience any personal discomfort, confusion, or distress during the semester, you do not have to face those issues alone. The ETSU Counseling Center provides personal and career counseling to all ETSU students. If you find that you need support (e.g., family or relationships issues, test anxiety, time and/or stress management, personal crises, etc.), please contact the ETSU Counseling Center at (423) 439-4841 or email at [counselingcenter@etsu.edu](mailto:counselingcenter@etsu.edu) about their confidential and professional services. The ETSU Counseling Center is located on the 3<sup>rd</sup> floor of the D. P. Culp Center. The center's hours are Monday-Friday 8:00 a.m. to 4:00 p.m. However, if you have an immediate concern or are in crisis outside of those hours, call (423) 439-4841 and press "2" to talk with a counselor 24 hours a day, 7 days a week.

**ETSU Disability Services:** It is the policy of ETSU to accommodate students with disabilities, pursuant to federal law, state law and the University's commitment to equal educational access. Any student with a disability who needs accommodations, for example arrangement for examinations or seating placement, should inform the instructor at the beginning of the course. Faculty accommodation forms are provided to students through Disability Services in the D.P. Culp Center, telephone (423) 439-8346.

**Additional Resources:** Information about Face Coverings, Important Dates, Academic Integrity and Misconduct, Discrimination and Harassment, Student Rights and Freedoms, Diversity Statement, Prerequisites, Academic Accommodations for Students with Disabilities, Permits and

Overrides, Class Attendance, Where to Go For Help, Sexual Misconduct/Title IX Statement, and Technical Resources can be found here:

<https://www.etsu.edu/curriculum-innovation/syllabusattachment.php>

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