

**MH 203**  
**Understanding Trauma**  
**3 Credits**

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## MH 203 Version: 2



# Understanding Trauma

## Calendar Description

This course is an introduction to many different forms of psychological trauma. It includes symptomology, long term and short term effects along with treatment options. It also explains in detail the trauma-informed model.

## Rationale

This course is required in the Community Mental Health certificate program. Trauma is one of the leading causes of mental illness in Canadian society. At some point in a person's life one will experience some form of trauma. The caregiver will be able to identify possible causes of long term mental health concerns and to understand behaviors that one may observe.

## Prerequisites

None

## Co-Requisites

None

## Course Learning Outcomes

Upon successful completion of this course students will be able to

1. define trauma.
2. define numerous types of trauma.
3. explain childhood trauma and long term effects.
4. explain complex and simple PTSD.
5. recognize disaster mental health and acute stress reaction.
6. utilize trauma informed practices.
7. use guidelines for working with people affected by trauma.
8. recognize effects of trauma on service providers.
9. research programs and services available in their local community for trauma victims.

## Resource Materials

The course does not have a textbook; we use a series of articles from the web along with online videos and other electronic resources such as websites.

## Conduct of Course

This is an online course offered over ten weeks. This course requires the students to be actively involved in online discussion, research, creating resources and connecting with agencies in their community. Students need to follow the dates outlined for assignments.

## Evaluation Procedures

Researching Trauma Resources	10%
Brochure assignment	25%
Discussions	15%
Midterm exam	25%
Final exam	25%

## Grade Equivalents and Course Pass Requirements

*A minimum grade of D (1.0) is required to pass this course. However, students must acquire an overall G.P.A. of 2.0 to meet graduation requirements.*

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-60	61-65	66-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.00

## Attendance

Because this course is on-line, attendance is demonstrated by keeping up with readings and assignments, participation in dialogue on the discussion board and completing course work and assignments to the satisfaction of the instructor.

In cases where illness impedes participation, the student may be requested to submit a medical certificate.

## Course Units/Topics

Unit 1: What is Trauma?

Unit 2: Different types of Trauma (e.g. PTSD)

Unit 3: Childhood Trauma

Unit 4: PTSD

Unit 5: Disaster mental health and acute stress reaction

Unit 6: Theory of being Trauma informed

Unit 7: Being Trauma informed in Canadian Aboriginal communities

Unit 8: Gender differences and being trauma informed

Unit 9: Being Trauma informed with Canadian Immigrants and Refugees

Unit 10: Being Trauma informed for individuals with disabilities such as developmental disabilities

Unit 11: Guidelines for working with people affected by trauma

Unit 12: Effects on service providers



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