Syllabus

RESILIENCE AND POST TRAUMATIC GROWTH - 3564

Last update 18-11-2013

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: School of Social Work and Social Welfare

Academic year: 2

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Prof. Ruth Pat-Horenczyk

Coordinator Email: mshoren@gmail.com

Coordinator Office Hours: Monday 16-17

Teaching Staff:
Dr. Ruth Pat-Horenczyk
Course/Module description: In this course different aspects of resilience and post traumatic growth will be discussed. We will study the theory about different resilience factors, critically discuss existing research in the field, and do ongoing personal exercises related to the practical expression of resilience factors.

Course/Module aims: Integrative study of theory and research on resilience. Demonstration of the influence of resilience factors on personal functioning during crisis or in daily life using personal practice.

Learning outcomes - On successful completion of this module, students should be able to:
- Distinguish between different aspects of resilience and growth.
- Formulate central research questions in the field.
- Describe topics and concepts in the resilience field.
- Critically analyze research findings about resilience.
- Translate theoretical concepts into therapeutic techniques.
- Suggest new ideas for original research in the resilience field.

Attendance requirements(%): 100%

Teaching arrangement and method of instruction: Lecture and critical discussion in the classroom.
Weekly writing about a personal exercise connected to the topic.
Presentation of recent studies in class by the students.
Writing a final paper- summary and analysis of research literature.

Course/Module Content:
1. 14.10.13 Introduction: Trauma and resilience
2. 21.10.13 Post traumatic growth
3. 28.10.13 Positive psychology
4. 4.11.13 Mindfulness
5. 11.11.13 Attachment and social support
6. 18.11.13 Empathy and altruism
7. 25.11.13 Optimism
8. 2.12.13 Emotion regulation
9. 9.12.13 Active coping and self- efficacy
10. 16.12.13 Flexibility and creativity
11. 23.12.13 Gratitude
12. 30.12.13 Meaning and spirituality
13. 6.1.14 Happiness
14. 13.1.14 Humor and course conclusion

**Required Reading:**

Reading list

**Class 1- (14.10.13) Introduction; Trauma & Resilience:**


**Class 2- (21.10.13) Post traumatic Growth:**


**Class 3-(28.10.13) Positive Psychology:**

**Class 4- (4.11.13) Mindfulness:**


**Class 5- (11.11.13) Attachment and Social Support:**

**Class 6- (18.11.13) Empathy and Altruism:**
6A. Miklikowska, M., Duriez, B., Soenens, B. (2011). Family Roots of Empathy-

Class 7- (25.11.13) Optimism:

Class 8- (2.12.13) Emotion Regulation:


Class 9- (9.12.13) Active Coping and Self Efficacy:

Class 10- (16.12.13) Flexibility and Creativity:

Class 11- (23.12.13) Gratitude :

Class 12- (30.12.13) Meaning and Spirituality:

Class 13- (6.1.14) Happiness:

Additional Reading Material:
None

Course/Module evaluation:
End of year written/oral examination 0 %
Presentation 0 %
Participation in Tutorials 0 %
Project work 40 %
Assignments 20 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 40 %

Additional information:
8 weekly exercises (20%)
Short presentation in the class (40%)
Final paper (40%)