

The Hebrew University of Jerusalem

Syllabus

Resilience and growth from trauma - 3564

Last update 30-01-2024

HU Credits: 2

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: Social Work

Academic year: 0

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Prof. Ruth Pat-Horenczyk

Coordinator Email: mshoren@gmail.com

Coordinator Office Hours: Wednesday 8:30-10

Teaching Staff:

Prof 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:

*Topics
Trauma
resilience: Trait, process or outcome
Resilience factors
Posttraumatic Growth*

Required Reading:

will be updated

Additional Reading Material:

Additional readings will be provided during the course

Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 100 %

Additional information:

A presentaion in class

A final paper