

The Hebrew University of Jerusalem

Syllabus

POST-TRAUMA & BEREAVEMENT: EVIDENCE-BASED PRACTI - 3640

Last update 29-07-2021

HU Credits: 4

Degree/Cycle: 2nd degree (Master)

Responsible Department: Social Work

Academic year: 0

Semester: Yearly

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Miriam Schiff

Coordinator Email: miriam.schiff@mail.huji.ac.il

Coordinator Office Hours: Monday 12:00-13:00 and Wednesday, by aapointment

Teaching Staff:

Prof Miriam Schiff

Course/Module description:

This seminar will address psycho-social intervention assessments for the treatment of PTSD, complicated grief, or the psycho-social consequences of COVID-19 pandemic. We will review especially Evidence-based interventions. We will learn to distinguish between different types of evidence-based interventions, and the research methods that are used to evaluate these interventions (e.g., experimental, quasi experimental, data mining etc.). This year we will address not only interventions but also studies conducted on the psycho-social consequences of the COVID-19 pandemic, and how evidence-based knowledge can be derived from the findings. Every student will design and implement a research study on the topic of post-trauma, grief, or COVID-19 including: writing a proposal, conducting the study, presenting the findings in class, and writing a final report.

Course/Module aims:

Conducting a research study, acquiring knowledge about evidence-based practices, understanding its theoretical rationale in the areas of PTSD, complicated grief or COVID-19, developing critical thinking on the existing literature in the course topics.

Learning outcomes - On successful completion of this module, students should be able to:

- 1. Identify research questions, within the course topics, that can be answered through empirical research*
- 2. Define conceptually and operationally the study's variables*
- 3. Submit a research proposal that fits academic and ethical criteria*
- 4. Locate or construct research scales that matches the research problem*
- 5. Construct a proper sample that matches the research problem and practice concerns*
- 6. Collect the data in a systematic way*
- 7. Present and write a final report that fit academic criteria*
- 8. Criticize existing research studies and identify his/her own study limitations*

Attendance requirements(%):

100

Teaching arrangement and method of instruction: Lecture
Discussion

Students' presentations of their research plan
Individual mentoring

Course/Module Content:

Presenting the existing literature on Evidence-Based Practice (EBP) in general and in the treatment of PTSD and complicated grief in particular
Learning how to state a research problem
Learn how to review the theoretical and empirical literature
Choosing the study variables and measurements
Ethics in research
Students presentations in class of their research proposals
Feedback on the written assignment: the research proposal
Data collection
Learn how to do statistical analyses
Learn how to present research findings in a scientific report
Discussion chapter in a scientific report in general and in the area of EBP in particular;
Students class presentation of their research study
Learn the study limitations and its implications to practice and policy

Required Reading:

The student will find and review 20-25 papers that are relevant to the student's research study, at least 10 should be English
+ the following

נבו, י. וסלונים-נבו, ו.נבו, י. וסלונים-נבו, ו. (2011). המיתוס של פרקטיקה מבוססת ראיות: לקראת פרקטיקה מיועדת ראיות. חברה ורווחה, ל"א(4), 499-522.
Adams, K. B., Matto, H. C., & LeCroy, C. W. (2009). Limitations of evidence-based practice for social work education: Unpacking the complexity. *Journal of Social Work Education*, 45(2), 165-186.
Bond, G. R., Drake, R. E., & Becker, D. R. (2010). Beyond evidence-based practice: Nine ideal features of a mental health intervention. *Research on Social Work Practice*, 20(5), 493-501.
Chorpita, B. F., Korathu-Larson, P., Knowles, L. M., & Guan, K. (2014). Emergent life events and their impact on service delivery: Should we expect the unexpected? *Professional Psychology: Research and Practice*, 45(5), 387-393.
doi:10.1037/a0037746
Comer, J. S., & Barlow, D. H. (2014). The occasional case against broad dissemination and implementation: Retaining a role for specialty care in the delivery of psychological treatments. *American Psychologist*, 69(1), 1-18.
doi:10.1037/a0033582
Epstein, I. (2001). Using available clinical information in practice-based research: Mining for silver while dreaming of gold. *Social Work in Health Care*, 33(3-4), 15-32.
Epstein, I. (2009). Promoting harmony where there is commonly conflict: Evidence-

informed practice as an integrative strategy. *Social Work in Health Care* 48(3), 216-231.

Fraser, M. W., & Galinsky, M. J. (2010). Steps in intervention research: Designing and developing social programs. *Research on Social Work Practice*, 20(5), 459-466.

Finne, J. (in press). Evidence-based practice in social work: Who are the critics? *Journal of Social Work*. doi:10.1177/1468017320955131

Foa, E. B., Gillihan, S. J., & Bryant, R. A. (2013). Challenges and Successes in Dissemination of Evidence-Based Treatments for Posttraumatic Stress: Lessons Learned From Prolonged Exposure Therapy for PTSD. *Psychological Science in the Public Interest*, 14(2), 65-111. doi: 10.1177/1529100612468841

Kanter, J. W., Tsai, M., Holman, G., & Koerner, K. (2013). Preliminary data from a randomized pilot study of web-based functional analytic psychotherapy therapist training. *Psychotherapy*, 50(2), 248-255. doi:10.1037/a0029814

Lwin, K., & Beltrano, N. (in press). Rethinking evidence-based and evidence-informed practice: a call for evidence-informed decision making in social work education and child welfare practice. *Social Work Education*. doi:10.1080/02615479.2020.1819973

Mowbray, O., Campbell, R., Lee, M., Fatehi, M., & Disney, L. (in press). A Systematic Review of Psychosocial-Based Outcomes in Peer-Support Services. *Journal of Evidence-Based Social Work*. doi:10.1080/26408066.2020.1805385

Additional Reading Material:

ב. התערבויות בטיפול בפוסט טראומה: תיאוריה, מעשה ומחקר

Barnett, E. R., Jankowski, M. K., & Trepman, A. Z. (2019). State-wide implementation and clinical outcomes associated with evidence-based psychotherapies for traumatized youth. *Psychological Trauma: Theory, Research, Practice, and Policy*, 11(7), 775-783. doi:10.1037/tra0000444

Campbell, S. B., Fortney, J., Simpson, T. L., Jakupcak, M., & Wagner, A. (2019). Change in social support while participating in behavioral activation for PTSD. *Psychological Trauma: Theory, Research, Practice, and Policy*, 11(8), 905-908. doi:10.1037/tra0000470

Cook, J. M., Thompson, R., Simiola, V., Wiltsey Stirman, S., & Schnurr, P. P. (2020). Provider general attitudes versus specific perceptions of evidence-based psychotherapies for PTSD. *Psychological Services*, 17(1), 46-53. doi:10.1037/ser0000280

Dedert, E. A., LoSavio, S. T., Wells, S. Y., Steel, A. L., Reinhardt, K., Deming, C. A., . . . Clancy, C. P. (2020). Clinical effectiveness study of a treatment to prepare for trauma-focused evidence-based psychotherapies at a veterans affairs specialty posttraumatic stress disorder clinic. *Psychological Services*, No Pagination Specified-No Pagination Specified. doi:10.1037/ser0000425

DePierro, J., D'Andrea, W., Spinazzola, J., Stafford, E., van Der Kolk, B., Saxe, G., . . .

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- Ford, J. D. (2019). *Beyond PTSD: Client presentations of developmental trauma disorder from a national survey of clinicians*. *Psychological Trauma: Theory, Research, Practice, and Policy*, No Pagination Specified-No Pagination Specified. doi:10.1037/tra0000532
- Held, P., Klassen, B. J., Boley, R. A., Wiltsey Stirman, S., Smith, D. L., Brennan, M. B., . . . Zalta, A. K. (2020). Feasibility of a 3-week intensive treatment program for service members and veterans with PTSD. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(4), 422-430. doi:10.1037/tra0000485
- Holder, N., Shiner, B., Li, Y., Madden, E., Neylan, T. C., Seal, K. H., . . . Maguen, S. (2020). Timing of evidence-based psychotherapy for posttraumatic stress disorder initiation among Iraq and Afghanistan war veterans in the Veterans Health Administration. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(3), 260-271. doi:10.1037/tra0000496
- Kehle-Forbes, S. M., Gerould, H., Polusny, M. A., Sayer, N. A., & Partin, M. R. (2020). "It leaves me very skeptical" messaging in marketing prolonged exposure and cognitive processing therapy to veterans with PTSD. *Psychological Trauma: Theory, Research, Practice, and Policy*, No Pagination Specified-No Pagination Specified. doi:10.1037/tra0000550
- Larsen, S. E., Mackintosh, M.-A., La Bash, H., Evans, W. R., Suvak, M. K., Shields, N., . . . Wiltsey Stirman, S. (2020). Temporary PTSD symptom increases among individuals receiving CPT in a hybrid effectiveness-implementation trial: Potential predictors and association with overall symptom change trajectory. *Psychological Trauma: Theory, Research, Practice, and Policy*, No Pagination Specified-No Pagination Specified. doi:10.1037/tra0000545
- Purbeck, C. A., Briggs, E. C., Tunno, A. M., Richardson, L. M., Pynoos, R. S., & Fairbank, J. A. (2020). Trauma-informed measurement-based care for children: Implementation in diverse treatment settings. *Psychological Services*, 17(3), 311-322. doi:10.1037/ser0000383
- Sansen, L. M., Saupe, L. B., Steidl, A., Fegert, J. M., Hoffmann, U., & Neuner, F. (2020). Development and randomized-controlled evaluation of a web-based training in evidence-based trauma therapy. *Professional Psychology: Research and Practice*, 51(2), 115-124. doi:10.1037/pro0000262
- ג. התערבויות בטיפול בשכול: תיאוריה, מעשה ומחקר

- Adimando, A. (2018). Preventing and Alleviating Compassion Fatigue Through Self-Care: An Educational Workshop for Nurses. *Journal of Holistic Nursing*, 36(4), 304-317. doi:10.1177/0898010117721581
- Barak, A., & Leichtertritt, R. D. (2015). Ideological Meaning Making After the Loss of a Child: The Case of Israeli Bereaved Parents. *Death Studies*, 39(6), 360-368. doi: 10.1080/07481187.2014.958626
- Boelen, P. A., de Keijser, J., van den Hout, M. A., & van den Bout, J. (2007). Treatment of complicated grief: A comparison between cognitive-behavioral therapy and supportive counseling. *Journal of Consulting and Clinical Psychology*, 75(2), 277-284.
- Breen, L. J., & Moullin, J. C. The value of implementation science in bridging the evidence gap in bereavement care. *Death Studies*.

doi:10.1080/07481187.2020.1747572

Chow, A. Y. M., Caserta, M., Lund, D., Suen, M. H. P., Xiu, D. M., Chan, I. K. N., & Chu, K. S. M. (2019). Dual-Process Bereavement Group Intervention (DPBGI) for Widowed Older Adults. *Gerontologist*, 59(5), 983-994. doi:10.1093/geront/gny095

Fernandez-Basanta, S., Coronado, C., & Movilla-Fernandez, M. J. (2020). Multicultural coping experiences of parents following perinatal loss: A meta-ethnographic synthesis. *Journal of Advanced Nursing*, 76(1), 9-21.

doi:10.1111/jan.14211

Gillies, J. M., Neimeyer, R. A., & Milman, E. (2015). The Grief and Meaning Reconstruction Inventory (GMRI): Initial Validation of a New Measure. *Death Studies*, 39(2), 61-74. doi: 10.1080/07481187.2014.907089

Iglewicz, A., Shear, M. K., Reynolds, C. F., Simon, N., Lebowitz, B., & Zisook, S. (2020). Complicated grief therapy for clinicians: An evidence-based protocol for mental health practice. *Depression and Anxiety*, 37(1), 90-98. doi:10.1002/da.22965

Kochen, E. M., Jenken, F., Boelen, P. A., Deben, L. M. A., Fahner, J. C., van den Hoogen, A., . . . Kars, M. C. (2020). When a child dies: a systematic review of well-defined parent-focused bereavement interventions and their alignment with grief-and loss theories. *Bmc Palliative Care*, 19(1). doi:10.1186/s12904-020-0529-z

Meichsner, F., O'Connor, M., Skritskaya, N., & Shear, M. K. (2020). Grief Before and After Bereavement in the Elderly: An Approach to Care. *American Journal of Geriatric Psychiatry*, 28(5), 560-569. doi:10.1016/j.jagp.2019.12.010

Perng, A., & Renz, S. (2018). Identifying and Treating Complicated Grief in Older Adults. *Jnp-Journal for Nurse Practitioners*, 14(4), 289-295.

doi:10.1016/j.nurpra.2017.12.001

Piper, W. E., Ogrodniczuk, J. S., Joyce, A. S., & Weideman, R. (2009). Follow-Up Outcome in Short-Term Group Therapy for Complicated Grief. *Group Dynamics-Theory Research and Practice*, 13(1), 46-58.

Shear, K., Frank, E., Houck, P. R., & Reynolds, C. F. (2005). Treatment of complicated grief - A randomized controlled trial. *Jama-Journal of the American Medical Association*, 293(21), 2601-2608.

van Mol, M. M. C., Wagener, S., Latour, J. M., Boelen, P. A., Spronk, P. E., den Uil, C. A., & Rietjens, J. A. C. (2020). Developing and testing a nurse-led intervention to support bereavement in relatives in the intensive care (BRIC study): a protocol of a pre-post intervention study. *Bmc Palliative Care*, 19(1).

doi:10.1186/s12904-020-00636-8

ד . התמודדות עם משבר הקורונה: איסוף מידע שיטתי והתערבויות.

Alpert, J. L., & Nguyen-Feng, V. N. (2020). COVID in New York City, the epicenter: A New York University perspective and COVID in Duluth, the Bold North: A University of Minnesota perspective. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(5), 524-528. doi:10.1037/tra0000928

Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *The Lancet*, 395(10227), 912-920.

doi:[https://doi.org/10.1016/S0140-6736\(20\)30460-8](https://doi.org/10.1016/S0140-6736(20)30460-8)

Brown, S. M., Doom, J. R., Lechuga-Peña, S., Watamura, S. E., & Koppels, T. (2020). Stress and parenting during the global COVID-19 pandemic. *Child Abuse & Neglect*, 104699. doi:<https://doi.org/10.1016/j.chiabu.2020.104699>

Cao, W., Fang, Z., Hou, G., Han, M., Xu, X., Dong, J., & Zheng, J. (2020). The psychological impact of the COVID-19 epidemic on college students in China. *Psychiatry Research*, 287, 112934. doi:<https://doi.org/10.1016/j.psychres.2020.112934>

Gao, J., Zheng, P., Jia, Y., Chen, H., Mao, Y., Chen, S., . . . Dai, J. (2020). Mental health problems and social media exposure during COVID-19 outbreak. *PLoS One*, 15(4), e0231924. doi:<https://doi.org/10.1371/journal.pone.0231924>

Garfin, D. R., Silver, R. C., & Holman, E. A. (2020). The novel coronavirus (COVID-2019) outbreak: Amplification of public health consequences by media exposure. *Health Psychology*, 39(5), 355-357. doi:10.1037/hea0000875

Greene, T., Bloomfield, M. A. P., & Billings, J. (2020). Psychological trauma and moral injury in religious leaders during COVID-19. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(S1), S143-S145. doi:10.1037/tra0000641

Ishikawa, R. Z. (2020). I may never see the ocean again: Loss and grief among older adults during the COVID-19 pandemic. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(S1), S85-S86. doi:10.1037/tra0000695

Jaspal, R., & Nerlich, B. (2020). Social representations, identity threat, and coping amid COVID-19. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(S1), S249-S251. doi:10.1037/tra0000773

Kranz, D., Niepel, C., Botes, E., & Greiff, S. (2020). Religiosity predicts unreasonable coping with COVID-19. *Psychology of Religion and Spirituality*, No Pagination Specified-No Pagination Specified. doi:10.1037/rel0000395

Prime, H., Wade, M., & Browne, D. T. (2020). Risk and resilience in family well-being during the COVID-19 pandemic. *American Psychologist*, 75(5), 631-643. doi:10.1037/amp0000660

Rettie, H., & Daniels, J. (2020). Coping and tolerance of uncertainty: Predictors and mediators of mental health during the COVID-19 pandemic. *American Psychologist*, No Pagination Specified-No Pagination Specified. doi:10.1037/amp0000710

Trougakos, J. P., Chawla, N., & McCarthy, J. M. (2020). Working in a pandemic: Exploring the impact of COVID-19 health anxiety on work, family, and health outcomes. *Journal of Applied Psychology*, No Pagination Specified-No Pagination Specified. doi:10.1037/apl0000739

Vaziri, H., Casper, W. J., Wayne, J. H., & Matthews, R. A. (2020). Changes to the work-family interface during the COVID-19 pandemic: Examining predictors and implications using latent transition analysis. *Journal of Applied Psychology*, 105(10), 1073-1087. doi:10.1037/apl0000819

Zacher, H., & Rudolph, C. W. (2020). Individual differences and changes in subjective wellbeing during the early stages of the COVID-19 pandemic. *American Psychologist*, No Pagination Specified-No Pagination Specified. doi:10.1037/amp0000702

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 35 %

Assignments 0 %

Reports 0 %

Research project 65 %

Quizzes 0 %

Other 0 %

Additional information:

Students assignments will be conducted in pairs.

The scores of the intermediate assignments will be included in the final grade only if they were higher than the grade in the final assignment