



The Hebrew University of Jerusalem

Syllabus

Trauma and Coping - 3642

Last update 29-10-2024

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

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: ruth.pat-horenczyk@mail.huji.ac.il

Coordinator Office Hours: Wednesday 14-16

Teaching Staff:

Prof. Ruth Pat-Horenczyk

Course/Module description:

This course will focus on different aspects of coping with trauma. We will describe the impact of trauma on physical, emotional, cognitive and interpersonal functioning. In addition, we will discuss healthy coping processes, resilience, post traumatic reactions, and co-morbid behaviors related to trauma and loss from a developmental perspective. The second part of the course will address early post disaster interventions, models for trauma treatment. Several examples of clinical and community interventions will be presented. Finally, we will address the influence of trauma on therapists and the concept of compassion fatigue.

Course/Module aims:

To study the affects of trauma on coping and post traumatic distress from a developmental perspective. To discuss models and research of trauma treatment.

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

*To conceptualize trauma
To distinguish between health and pathological coping with trauma
To identify grief reactions from a developmental perspective
To implement clinical skills in post disaster intervention
To apply various trauma treatment interventions
To be aware of the cultural context in implementing trauma interventions
To combat compassion fatigue.*

Attendance requirements(%):

100%

Teaching arrangement and method of instruction: Lecture and discussion

Course/Module Content:

*Topics
Trauma and Coping
Post Traumatic Distress
Developmental Aspects Complex Trauma
War and terrorism
Grief
Resilience*

Growth

Early intervention: Models and Results

Treating PTSD: Theoretical models and Research

Counter-Transference and Compassion Fatigue

Required Reading:

Readings

Trauma and PTSD

PTSD Fact Sheet (DSM V)

Developmental aspect of PTSD

1. * Pat-Horenczyk R., Rabinowitz, R., Rice, A., & Tucker-Levin, A., (2009). The search for risk and protective factors in childhood PTSD: From variables to processes. In: D. Brom, R. Pat-Horenczyk and J. Ford (Eds.) *Treating Traumatized Children: Risk, Resilience and Recovery*, Routledge, pp. 51-71.
2. Sheeringa, M., Zeanah, C., Myers, L., & Putnum, F. (2003). New findings on alternative criteria for PTSD in preschool children. *Journal of the American Academy of Child and Adolescent Psychiatry*, 42, 561-570.
3. Lieberman, A. F., Chu, A., Van Horn, P., & Harris, W. W. (2011). Trauma in early childhood: Empirical evidence and clinical implications. *Development and Psychopathology*, 23(2), 397.

Trauma and Attachment

4. * Busch, A. L. & Lieberman, A. F. (2007). Attachment and Trauma: An Integrated Approach to Treating Young Children Exposed to Family Violence. In D. Oppenheim & D. F. Goldsmith (Eds.) *Attachment Theory in Clinical Work with Children: Bridging the Gap Between Research and Practice*, (pp. 139-152), New York: Guilford Press.

Complex trauma

5. Knefel, M., & Lueger-Schuster, B. (2013). An evaluation of ICD-11 PTSD and complex PTSD criteria in a sample of adult survivors of childhood institutional abuse. *European Journal of Psychotraumatology*, 4.
6. * Van der Kolk, B. & d'Andera, W. (2010). Toward a developmental trauma disorder diagnosis for childhood interpersonal trauma. In: R. Lanius, E. Vermetten & C. Pain (Eds.). *The impact of early life trauma on health and disease*. Cambridge University Press.
7. Zeanah, C.H. & Sonuga-Barke E. J.S. (2016). The effects of early trauma and deprivation on human development – from measuring cumulative risk to characterizing specific mechanisms. *Journal of Child Psychology and Psychiatry*, 57 (10), 1099-1102. DOI: 10.1111/jcpp.12642.

War and Terrorism

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8. Pat-Horenczyk, R., Cohen, S., Ziv, Y., Achituv, M., Brickman, S., Blanchard, T., & Brom, D. (2017). *Stability and Change in Posttraumatic Distress: A 7-Year Follow-Up Study of Mothers and Young Children Exposed to Cumulative Trauma*. *Journal of Traumatic Stress*, 30(2), 115-124. DOI 10.1002/jts.
9. Halevi, G., Djalovski, A., Vengrober, A., Feldman, R. (2016). Risk and resilience trajectories in war-exposed children across the first decade of life. *Journal of Child Psychology and Psychiatry*, 57 (10), 1183-1193. DO - 10.1111/jcpp.12622

Grief

10. מלקינסון, ר. (2011). אבל מורכב. בתוך צ. מרום, א. גלבוע-שכטמן, נ. מור & י. מאירס (עורכים), טיפול קוגניטיבי-התנהגותי במבוגרים: עקרונות טיפוליים. הוצאת דיונון
11. Baum, N.L., Silverman, P.R., & Ginat, R.S. (2014). *Childhood Bereavement and Traumatic Loss*. In: R. Pat-Horenczyk, D. Brom, J. Vogel & C.M. Chemtob (Eds.). *Helping Children Cope with Trauma: Individual, family and Community*. Routledge. Resilience
12. * Masten , A.S., Monn, A.R., & Supkoff, L.M. (2011) *Resilience in children and adolescents*. In: S.M. Southwick, B.T. Litz, D. Charney & M. J. Friedman (Eds) *Resilience and mental health across the lifespan*. Cambridge University Press. Pp 103-119.
13. * Bonanno, G. A., & Mancini, A. D. (2008). *The human capacity to thrive in the face of potential trauma*. *Pediatrics*, 121(2), 369-375.

Growth

14. Meyerson, D.A., Grant, K. E., Carter, J.S., Kilmer, R.P. (2011). *Posttraumatic growth among children and adolescents: A systematic review*. *Clinical Psychology Review*, 31, 949-964.

Intervention

15. Hobfoll, S.E., Watson, P., Bell, C.C. et al. (2007). *Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence*. *Psychiatry*, 70 (4), 283-315
16. *Roberts, N. P., Kitchiner, N. J., Kenardy, J. & Bisson, J. I. (2009). *Systematic Review and Meta-Analysis of Multiple-Session Early Interventions Following Traumatic Events*. *American Journal of Psychiatry*, 166, 293-301.

Treatment of Trauma

17. Ponniah, K, & Hollon, S. D. (2009). *Empirically Supported Psychological Treatment For Adult Acute Stress Disorder And Posttraumatic Stress Disorder: A Review*. *Depression and Anxiety*, 26, 1086-1109.

Compassion Fatigue

18. Osofsky, J.D. (2011). *Vicarious traumatization and the need for self-care in working with traumatized young children*. In: J.D. Osofsky (Ed). *Clinical work with traumatized young children*. New York: Guilford press, pp 336-348.
19. Figley, C. R. (2002). *Compassion Fatigue: Psychotherapists' chronic lack of self-*

care. *Psychotherapy in Practice*, 58(11), 1433-1441.

20. Adams, R. E. (2006). *Compassion fatigue and psychological distress among social workers: A validation study*. *American Journal of Orthopsychiatry*, 76(1), 103-108.

Additional Reading Material:

None

Grading Scheme:

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

Additional information:

None