

**Marmara University**  
**PSY423: Psychology of Trauma**  
**Spring 2021**

**Instructor:** Aslihan Nisanci

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**Day & Time:** 18:00-20:50, Friday

**Course Description**

This course will provide the students with the current knowledge and research on traumatic stress, recovery, and treatment. The students will learn about the history of trauma studies, the reactions to traumatic experiences, classification and epidemiology, and risk and vulnerability factors. In-depth information will be presented on different types of trauma and their effects on the individuals, groups, and communities. Going beyond the individual level implications, the course highlights the social, organizational, and cultural issues related to trauma. Students will also learn about cross-disciplinary perspectives on trauma and find the opportunity of doing practice-related exercises and watching visual materials.

**Course objectives:**

By the end of the course, students will be able to:

- Summarize the history of trauma studies
- Recognize the symptoms and effects of trauma
- Recognize different types of and acute reactions to trauma
- Identify trauma and stress related disorders
- Discuss different theoretical perspectives on trauma
- Discuss prevention and treatment options for traumatic stress disorders
- Summarize critical and cross-disciplinary perspectives on trauma

**Textbooks:**

Herman, J. (2015). *Trauma and recovery*. New York, NY: Basic Books.

Van der Kolk, B. (2014). *The body keeps score: Brain, mind, and body in the healing of trauma*. New York, NY: Viking.

Gold, S. N. (Ed.) (2017). *APA Handbook of Trauma Psychology*. Volume I & II, American Psychological Association.

**Suggested Books:**

- Levine. P. A. (1997). *Working the Tiger. Healing trauma*. Berkeley, CA: North Atlantic Books.
- Levine. P. A. (2008). *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*.

- Levine, P. A. (2010). *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*.
- Lapierre E., Lapierre A. (2012). *Healing Developmental Trauma, How Early Trauma Effects Self-regulation, Self-image and the Capacity for Relationship*.
- Perry, B., Szalavitz, M. (2007). *The Boy Who was Raised as a Dog*.
- Briere, J. and Scott, C. (2006). *Principles of trauma therapy: A guide to symptoms, evaluation, and treatment*. New York: Sage.
- Rubin, A. and Springer, D. (2009). *Treatment of traumatized adults and children: A clinician's guide to evidenced-based practice*. Wiley Publishing.
- Shapiro, P. (2013). *Getting past your past: Get control of your life with self-help techniques from EMDR therapy*. Rodale.
- Cori, J. L. (2010). *The Emotionally Absent Mother: How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect*. New York : Experiment
- Wolyn, M. (2016). *It didn't Start with you: How inherited trauma shapes who we are and how to end the cycle*. Viking.
- Douglas, K. (2010). *Contesting Childhood: Autobiography, Trauma and Memory*. Rutgers University Press.
- Bryant-Davis, T. (2005). *Thriving in the wake of trauma: A multicultural guide*. Praeger.
- Ionescu, A., Margaroni M. (2020). *Arts of Healing: Cultural Narratives of Trauma (Critical Perspectives on Theory, Culture and Politics)*. Rowman and Littlefield International.
- Williams, M. B., Puijula, S. (2013). *The PTSD Workbook*. New Harbinger Publications.

### **Grading**

<b>Assignment</b>	
<b>Midterm:</b> 40%	Detailed explanation will be provided before the exam.
<b>Final paper:</b> 60%	Detailed explanation will be provided before the exam.

## **Expectations**

Every student is expected to attend every online session, to arrive on time, do the readings for each week before class and to regularly participate in discussions and activities. Students should notify the instructor **by email** about the reason of absence when they have to miss a class.

It is important that you follow the “netiquette” during the weekly sessions. Please treat each other with the same respect you would do in the real classroom. Please review the good online behavior guidelines in the following link:

*Good online behaviors:* <https://www.ucl.ac.uk/teaching-learning/education-planning-2020-21/online-teaching-guidance-tips-and-platforms/netiquette-good-online#Student%20guidance>

All students are responsible for reading and adhering to academic and non-academic standards of conduct described in the documents of Marmara University. It is the students’ responsibility to familiarize themselves with the academic honesty and integrity guidelines. Students are expected to pay particular attention to the issues of plagiarism although they will not be writing assignments for this course.

## **Students Accommodations for Disabilities**

The students should let the instructor know about any accommodation needs they may have due to their disability or special needs.

## **Trigger Warning**

We will talk about sensitive issues in this course and the content can be unsettling for some the students. The suggested books and visual materials can also be difficult to read or watch for some students. If the student thinks that they will not be able to attend to one or more sessions due to this reason, they should let the instructor know by email.

## **Course Schedule and List of Readings:**

*Readings and content are tentative and may be subject to minor changes. The weekly documents will be uploaded UZEM for your access in advance.*

**Week 1 (5 March): Syllabus & Introduction: Course overview and review of student interests**

**Week 2 (12 March): The history of studying trauma and the trauma in context**

- Herman, J. (2015). Chapter 1: A Forgotten History & Chapter 4: Captivity

- Van der Kolk, B. (2014). Part I: The Rediscovery of Trauma

**Week 3 (19 March): Defining trauma and acute reactions to trauma**

- APA Handbook of Trauma Psychology, Volume I, Chapter 2: Defining Trauma
- Herman, J. (2015). Chapter 2: Terror
- Van der Kolk, B. (2014). Chapter 3: Looking into the Brain: The Neuroscience Revolution & Chapter 6: Losing Your Body, Losing Your Self

**Week 4 (26 March): Classification and epidemiology**

- Herman, J. (2015). Chapter 6: A New Diagnosis
- Van der Kolk, B. (2014). Chapter 9: What's love got to do with it?

**Week 5 (2 April): Types of trauma: Childhood trauma**

- Herman, J. (2015). Chapter 5: Child abuse
- Van der Kolk, B. (2014). Chapter 8: Trapped in Relationships: The Cost of Abuse and Neglect
- **Suggested Readings:**
- Perry, B., Szalavitz, M. (2007). The Boy Who was Raised as a Dog, Chapter 1 & 5
- Skinner, J. (2009). Recovery from trauma: A look into the process of healing from sexual assault. *Journal of Loss & Trauma, 14*(3), 170-180.
- ***Suggested movie: Precious***

**Week 6 (9 April): (1) Memory and trauma, (2) Types of trauma: Domestic violence**

- Van der Kolk, B. (2014). Chapter 11 & 12: Uncovering Secrets-The Problem of Traumatic Memory & The Unbearable Heaviness of Remembering.
- APA Volume I, Chapter 16: Trauma and Memory
- Jones, L., Hughes, M., & Unterstaller, U. (2001). Post-traumatic stress disorder (PTSD) in victims of domestic violence: A review of the research. *Trauma, Violence & Abuse, 2*(2), 99.

**Week 7 (16 April): (1) Vulnerability and Resilience (2) Types of trauma: War and migration**

- Herman, J. (2015). Chapter 3:
- Van der Kolk, B. (2014). Chapter 4,5,7
- APA Volume II, Chapter 5: Trauma Resiliency and Posttraumatic Growth
- ***Suggested Documentary: Hope Rising Documentary-Stories of Trauma and Healing***, [https://www.youtube.com/watch?v=aFvYp\\_832QA](https://www.youtube.com/watch?v=aFvYp_832QA)

**Week 8 (23 April) – No class - Official holiday**

**Week 9 (30 April): (1) Stages of Recovery, (2) Types of trauma: Medical trauma**

- Herman, J. (2015). Chapter 7, 11
- Van der Kolk, B. (2014). Chapter 13
- Hefferon, K., Greal, M., & Mutrie, N. (2009). Post-traumatic growth and life threatening physical illness: A systematic review of the qualitative literature. *British Journal of Health Psychology, 14*(2), 343-378.
- **Suggested Reading:**
- Cordova, M., Giese-Davis, J., Golant, M., Kronenwetter, C., Chang, V., & Spiegel, D. (2007). Breast cancer as trauma: Posttraumatic stress and posttraumatic growth. *Journal of Clinical Psychology in Medical Settings, 14*(4), 308-319.

**Week 10 (7 May): (1) Types of trauma: Complex trauma, (2) Treatment models**

- Van der Kolk, B. (2014). Chapter 14, 16, 18
- APA Handbook, Volume I, Part II: TBD
- **Suggested Reading:**
- Kissiel, C., Fehrenbach, T., Small, L., & Lyons, J. (2009). Assessment of complex trauma exposure, responses, and service needs among children and adolescents in child welfare. *Journal of Child & Adolescent Trauma, 2*(3), 143-160.

**Week 11 (14 May) – No class - Eid al adha (*Ramazan bayrami*)**

**Week 12 (21 May): Treatment Models**

- APA Handbook, Volume I, Part II: TBD
- *Guest speaker: TBD*
- **Suggested Reading:**
- Grabbe, L., Miller-Karas, E. (2017). The Trauma Resiliency Model: A “Bottom-Up” Intervention for Trauma Psychotherapy. *Journal of American Psychiatric Nurses Association, 24*(1) 76–84.

**Week 13 (28 May): Collective, historical, community trauma.**

- APA Handbook, Volume I, Chapter 5: Assisting Individuals and Communities After Natural Disasters and Community Traumas
- Somasundaram, D. (2014). Addressing collective trauma: conceptualisations and interventions. *Intervention, 12*(1), 43-60.
- **Suggested Reading:**

- Macy, R., Behar, L., Paulson, R., Delman, J., Schmid, L., & Smith, S. (2004). Community-based, acute posttraumatic stress management: A description and evaluation of a psychosocial-intervention continuum. *Harvard Review of Psychiatry*, 12(4), 217-228.

**Week 14 (4 June): Organizational approaches: Trauma informed practice and the sanctuary model**

- APA Volume II, Chapter 24 & 25: The Sanctuary Model & Trauma-Informed Care

**Week 15 (11 June): Cross-disciplinary perspectives & closure**

- APA Handbook, Volume I, Part IV: TBD among the chapters.
- **Suggested Readings:**
- Scott, W. J. (1990). "PTSD in DSM-III: A case in the politics of diagnosis and disease." *Social Problems*, 37(3): 294-310.
- Eyerman, R. (2004). "Cultural Trauma: Slavery and the Formation of African American Identity," in *Cultural Trauma and Collective Identity*.