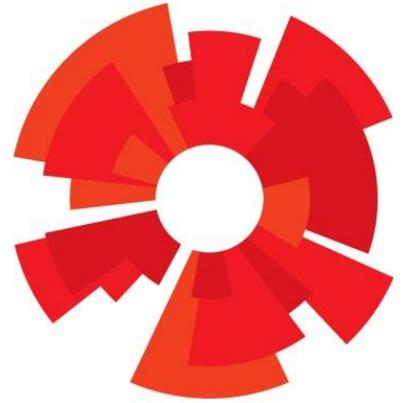


Áföll og afleiðingar þeirra

E-708-TRAU



Year: Second year

Semester: Autumn term

Type of course: Elective

Prerequisites:

Lecturer: Þóra Sigfríður Einarsdóttir

Description:

The first part of the course reviews the epidemiology of different trauma and connection to sociodemographic factors to trauma exposure.

The second part explores the impact of trauma on people's health and life satisfaction. Special notice will be given to consequence of trauma exposure in relation to trauma type, number of traumas, gender and age at exposure, as well as discuss predictors of who may be mostly affected. Different trauma and stressors related disorders will be introduced to the students as will diagnostic methods.

After traumatic life events some people develop post-traumatic stress disorder. There are two main types of treatment, psychotherapy and medication. Sometimes people combine psychotherapy and medication. This course will only focus on psychotherapy and the five major treatment protocols recognized by APA as being evidence based.

Psychotherapy for PTSD - Psychotherapy, or counseling, involves meeting with a therapist.

Trauma-focused psychotherapy, which focuses on the memory of the traumatic event or its meaning, is the most effective treatment for PTSD. There are different types of trauma-focused psychotherapy, such as:

Cognitive Processing Therapy (CPT) where you learn skills to understand how trauma changed your thoughts and feelings. Changing how you think about the trauma can change how you feel.

Prolonged Exposure (PE) where you talk about your trauma repeatedly until memories are no longer upsetting. This will help you get more control over your thoughts and feelings about the trauma. You also go to places or do things that are safe, but that you have been staying away from because they remind you of the trauma.

Eye Movement Desensitization and Reprocessing (EMDR), which involves focusing on sounds or hand movements while you talk about the trauma. This helps your brain work through the traumatic memories.

Narrative exposure therapy (NET) is a treatment for trauma disorders, particularly in individuals suffering from complex and multiple traumas. It has been most frequently used in community settings and with individuals who experienced trauma as result of political, cultural or social forces (such as refugees)

Learning outcome - objectives:

To clarify the scientific or the emotional, behavioural, biological and social nature of the field of post-traumatic (PTSD) and acute stress disorder

To help students recognize, diagnose and assess PTSD and other stress disorders.

To demonstrate the effectiveness of psychological treatments (e.g., CPT and EMDR) in treating PTSD

To enable students to think critically about research with and treatment of PTSD and acute stress disorders.

Course assessment:

100% attendance is required. Case studies of trauma. Prepare a detailed treatment plan based on the appropriate diagnosis and protocols with a theoretical introduction to the topic.

Presentation for class of area of choice from the trauma literature.

An essay regarding trauma and trauma as result of political, cultural or social forces.

Language of instruction: Íslenska.

ECTS: 3