

Psychology of Trauma

PSYC 140-T

University of California, Santa Cruz

Summer 2019

Instructor Information

Sarah Harsey

sharsey@ucsc.edu

Social Sciences 2, Room 380

Office hours: Thursdays 8am – 9am or by appointment

TA Information

Daniel Rodriguez Ramirez

drodri37@ucsc.edu

Social Sciences 2, Room 343

Office hours: Tuesdays 1:30pm –
2:30pm

Nicholas Santer

nsanter@ucsc.edu

Social Sciences 2, Room 201

Office hours: Tuesdays 12:45pm –
1:45pm

Course Time and Location

Tuesdays & Thursdays 9:00am-12:30pm

Social Sciences 1, Room 110

7/29/19 - 8/30/19

Required Course Readings

- Book: *Trauma & Recovery* – Judith Herman (2015)*

*Available at the Baytree Bookstore and most online book retailers

- Articles posted on Canvas

Course Obligations

Lecture Attendance

Readings

Reading Summaries

2 Exams

1 Final Paper

The Details

Course Description

This course provides an overview of psychological trauma, including current psychological theories of trauma, trauma prevalence, and psychological outcomes associated with psychosocial traumatic experiences. A variety of theoretical frameworks are presented, including developmental, cognitive, neuropsychological, clinical, and social/contextual. The course is designed to acquaint you with some of the key issues, questions, and findings in the study of trauma and traumatic stress, as well as to allow you to develop some of the critical skills needed by research psychologists

Most of the trauma discussed in this course will be *interpersonal* trauma, or trauma caused by people. **The topics covered in this class are unequivocally sensitive. Readings, lectures, and films will include discussions of sexual violence, domestic violence, child abuse, combat, and other forms of interpersonal violence.** Please note that this course is not designed nor intended to provide therapeutic support – the kind of non-academic support myself and the TAs can provide will be very limited. I do not recommend you take this course if you are currently experiencing difficulties stemming from trauma without the support of a therapist or trusted friends/partner/family. Many students who have personally experienced trauma have succeed in this course, so I do *not* discourage anyone from taking this class based on trauma experience alone. **I recommend that all students seek out some form of support during this course.** See the end of the syllabus for various resources that may be helpful.

Course Policies

Turning in Work Late:

As a rule, all assignments must be turned in on time. However, I will sometimes allow extensions on a case-by-case basis. *You must email me or one of the TAs in advance if you know you will not be able to turn in an assignment on time.* If you do not turn in an assignment by the deadline and do not notify me or the TAs in advance, we may not accept your assignment at all. Late assignments are also subject to a grade penalty: for each day that an assignment is late, 10% of the total assignment points will be docked.

Makeup Exams:

Makeup exams will only be given in extraordinary situations. Please contact me or the TAs immediately if you anticipate having to miss an exam, or if you have missed an exam due to an emergency.

Accommodations for Disabilities:

UC Santa Cruz is committed to creating an academic environment that supports its diverse student body. If you are a student with a disability who requires accommodations to achieve equal access in this course, please submit your Accommodation Authorization Letter from the Disability Resource Center (DRC) to me privately during my office hours or by appointment,

preferably within the first two weeks of the quarter. At this time, I would also like us to discuss ways we can ensure your full participation in the course. I encourage all students who may benefit from learning more about DRC services to contact DRC by phone at 831-459-2089 or by email at drc@ucsc.edu.

Academic Integrity:

Academic integrity is the cornerstone of a university education. Academic dishonesty diminishes the university as an institution and all members of the university community. It tarnishes the value of a UCSC degree.

All members of the UCSC community have an explicit responsibility to foster an environment of trust, honesty, fairness, respect, and responsibility. All members of the university community are expected to present as their original work only that which is truly their own. All members of the community are expected to report observed instances of cheating, plagiarism, and other forms of academic dishonesty in order to ensure that the integrity of scholarship is valued and preserved at UCSC.

In the event a student is found in violation of the UCSC Academic Integrity policy, he or she may face both academic sanctions imposed by the instructor of record and disciplinary sanctions imposed either by the provost of his or her college or the Academic Tribunal convened to hear the case. Violations of the Academic Integrity policy can result in dismissal from the university and a permanent notation on a student's transcript.

For the full policy and disciplinary procedures on academic dishonesty, students and instructors should refer to the Academic Integrity page at the Division of Undergraduate Education.

I have designed this course so that all students will be able to succeed without feeling pressured to engage in academic dishonesty. If you feel you are struggling in this course, please come see me or the TAs.

Title IX:

The university cherishes the free and open exchange of ideas and enlargement of knowledge. To maintain this freedom and openness requires objectivity, mutual trust, and confidence; it requires the absence of coercion, intimidation, or exploitation. The principal responsibility for maintaining these conditions must rest upon those members of the university community who exercise most authority and leadership: faculty, managers, and supervisors.

The university has therefore instituted a number of measures designed to protect its community from sex discrimination, sexual harassment, sexual violence, and other related prohibited conduct. [Information about the Title IX Office](#), the [online reporting link](#), applicable campus resources, reporting responsibilities, the [UC Policy on Sexual Violence and Sexual Harassment](#) and the UC Santa Cruz Procedures for Reporting and Responding to Reports of Sexual Violence and Sexual Harassment can be found at titleix.ucsc.edu.

The Title IX/Sexual Harassment Office is located at 105 Kerr Hall. In addition to the [online reporting option](#), you can contact the Title IX Office by calling 831-459-2462.

Unauthorized Sale of Course Notes and Materials:

Please note that students may be disciplined for selling, preparing, or distributing course lecture notes for any commercial purpose, whether or not the student himself or herself took the notes. The unauthorized sale of lecture notes (and handouts, readers or other course materials) is a violation of campus policies (Student Judicial Handbook, sections 102.17 and 102.018). Judicial action for violating campus policies may include disciplinary probation, suspension, or dismissal, which may have serious effects on your academic careers. The sale of classroom notes is also a violation of state law (Cal. Educ. Code, section 66450) and may be associated with civil penalties of up to \$25,000 depending on the number of offenses. It may also constitute copyright infringement subject to legal action.

Course Requirements

Readings

You will complete readings from two sources:

- (1) Herman, J. L. (1992/2015). *Trauma and recovery*. New York: Basic Books.
- (2) Articles posted on Canvas

Readings are assigned for days when our class meets. It is required that you complete these readings *before* coming to class (the first day of class is the exception to this). Topics and concepts covered in class will often require that you know information from the readings in order to fully understand and engage in class discussions and lectures. Refer to the end of this syllabus for the reading schedule.

Attendance (15%)

Your attendance in this course is mandatory and will be recorded at each class meeting. It is very important that you arrive to class on time; if you arrive more than 15 minutes late, your attendance may not be recorded for that particular class meeting.

Overall, 15% of your grade will be determined by your attendance.

Reading Summaries (20%)

At the end of each week you will upload a brief, 1-2-page (double-spaced) reading summary by Friday at 5pm to Canvas. These summaries are not intended to be a formal paper, but are instead a way for you to keep up with the readings and create useful notes for the exams.

The reading summaries will comprise 15% of your final grade. Summaries will be evaluated on length and completeness – if you meet the required minimum page length (1 page) and briefly summarize each of the assigned readings for the week, you will receive full points. Notify the instructor or TAs if you believe you will turn in a summary after it is due, but please note that late summaries may only be accepted on a case-by-case basis. If a summary extension is approved, late summaries will be penalized for each day they are late.

Exams (30%)

There will be two exams in this course that will assess your understanding of the content from the readings and class meetings. They will consist of a combination of multiple-choice questions, fill-in-the-blank questions, and short-answer questions. Study guides will be provided on Canvas at least 1 week before the exams are scheduled.

The exams will comprise 30% of your final grade (15% for each exam).

Final Paper (35%)

You will write a 5-7 page research paper related to psychological trauma. The purpose of this paper is to allow you to explore a concept related to psychological trauma that is most interesting to you. It can be on a specific concept covered in class or on another topic related to trauma – in either case, you must include and discuss at least three journal articles that you have found. You will be responsible for finding these articles through scholarly databases like PsycINFO or Google Scholar. You may use empirical sources discussed in class (e.g. research studies included on lecture slides), but these sources will not count towards your 3-article minimum requirement.

The final paper assignment has two parts: (1) A research question submission due 2 weeks before the final paper (10%), and (2) the final paper (25%). The research question is comprised of a paragraph or two describing your proposed research question that you will explore in your final paper. Your research question must also list at least 2 empirical, peer-reviewed articles that you could use in your final paper. The research question assignment is due as a hard copy in class on 8/15.

Additional information about the research question and final paper (including a grading rubric) will be posted on Canvas. The final paper is due on Friday, August 30st by 5pm. Papers should be uploaded to Canvas by this time.

The instructional team (myself and the TAs) are more than happy to talk to you about writing the final paper. Please come see us! Learning Support Services on campus will also provide writing tutoring over the summer (for more information about writing tutoring, see: <https://lss.ucsc.edu/programs/summer-support/index.html>).

Extra Credit (3%)

If you complete the index card assignment from Lecture 1 (described in class), 1% will be added to your final grade.

You can earn an additional 2% boost to your grade by participating in 3 hours of research through the human subjects pool or by completing the alternative assignment described below. The research hours or alternative assignment must be completed by 5pm on Friday, August 30st, 2019.

Follow these easy steps to sign-up for research projects:

- 1) Go to the E-Link website at <https://ucsc.sona-systems.com>
- 2) If you are enrolled in the class at the start of the quarter, then an account should already be created for you. To log in for the first time, click “Forgot Password?” to retrieve the pre-set

password. For those who added the class late, or for some reason the system won't let you log in, you may need to click "Request Account." Only request a new account if the "Forgot Password" link isn't working.

- 3) **Always enter your UCSC email address.** You will receive your password via email.
- 4) Log in and follow the instructions to complete the Prescreening Questionnaire. Your responses on this questionnaire will determine your eligibility for different studies.

IMPORTANT: You can earn extra-credit points by either participating in studies (surveys or experiments) or writing papers (the alternative assignment). Studies are posted throughout the quarter. Plan ahead and complete them as soon as possible. Check online often for new studies. If you know you cannot make it, and if the time until the study is more than 24 hours, you can cancel on E-link. If you fail to show up for a study, or fail to cancel in time, you will be marked as having an "unexcused no-show." If you accumulate three unexcused no-shows you will be prevented from signing up for more experiments. All participation must be completed by 5pm on the Friday of the last week of instruction. Do not wait until the last week to sign up.

What if you can't find studies? Although some studies may be available right at the start of the quarter, there may not be enough for everyone. Please be patient, researchers will post new studies throughout the quarter. There is usually a big spike in hours during the last couple weeks. If you are concerned about the availability of hours, please don't email your instructors or TAs, instead email the pool administrator so that they can try to address the issue directly (ucscresearchpool@gmail.com). This is also the best email to use if other issues arise during the quarter. If you participated in a study but didn't receive credit after two days, please start by emailing the researchers directly. If the researchers don't respond then send an email to the pool administrator. Rest assured, however, that all pending timeslots will be given credit at the end of the quarter before a report is sent to your professor.

Alternative assignment: If you prefer to not participate in research studies (or if you are under the age of 18) you may substitute up to three papers, each critically evaluating a psychology research article. If you are doing the alternative written assignments, they must be emailed directly to your instructor or TAs by the last day of instruction. If you have any questions or concerns please contact the research pool administrator at ucscresearchpool@gmail.com. Please note that plagiarized papers will result in a No Pass.

Each paper should be 1-2 pages (double spaced, 12-point, times new roman) and critically evaluate a psychology research article (addressing the questions shown below). You will need to find empirical, peer-reviewed articles published in 2018 or 2019 in a journal that publishes research related to trauma. Such journals include Psychology of Violence, Journal of Interpersonal Violence, and Psychological Trauma: Theory, Research, Practice, and Policy. If you are having difficulty finding articles for this extra credit assignment, you may talk to me or the TAs.

- 1) What were the basic questions or hypotheses under investigation?
- 2) How did the researchers test their hypotheses?
- 3) What did the researchers find and how were these findings interpreted?
- 4) Are you convinced? Why or why not? Explain.

Course Grade

Your final grade will be weighted by:

- Class attendance (15%)
- Weekly reading summaries (20%)
- Exams (30%)
- Final paper (35%)

The letter grade corresponding to your numerical score is as follows:

| | | | |
|---------------|---------------|---------------|--------------|
| 97-100 = A+ | 89.9-87 = B+ | 77-79.99 = C+ | 60-69.99 = D |
| 93-96.99 = A | 83-86.99 = B | 73-76.99 = C | 0-59.99 = F |
| 90-92.99 = A- | 80-82.99 = B- | 70-72.99 = C- | |

In order to pass this course, your numerical grade must be at least a 73. If you get any score lower than that, even a 72.99, you will not pass this course.

Course Schedule

Here is a tentative weekly course schedule – please note that some small adjustments might be made during the course. If this happens, an updated syllabus will be uploaded to Canvas and you will be emailed an announcement regarding any changes made to the schedule.

Important administrative dates:

- Drop: Monday, August 5
- Request for “W”: Friday, August 16

| | Tuesday | Thursday | Work Due on Fridays by 5pm |
|--------|---|---|----------------------------|
| Week 1 | <p style="text-align: center;"><u>7/30</u> Course Introduction and Syllabus Review</p> <p>Read:</p> <ul style="list-style-type: none"> ▪ Herman Introduction & Chapter 1 (pp. 1 – 32) ▪ Stoler (2002) | <p style="text-align: center;"><u>8/1</u> Responses to Trauma</p> <p><u>Turn in:</u> Index Card (extra credit)</p> <p>Read:</p> <ul style="list-style-type: none"> ▪ Herman Chapters 2 & 3 (pp. 34-73) | Reading Summary #1 |
| Week 2 | <p style="text-align: center;"><u>8/6</u> Trauma and Memory</p> <p>Read:</p> <ul style="list-style-type: none"> ▪ Herman Chapter 4 (pp. 74-95) ▪ Gleaves et al. (2004) | <p style="text-align: center;"><u>8/8</u> Childhood Trauma</p> <p>Read:</p> <ul style="list-style-type: none"> ▪ Herman Chapters 5 & 6 (pp. 96-129) | Reading Summary #2 |

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|--------|---|--|--|
| Week 3 | <p style="text-align: center;"><u>8/13</u> Exam 1 Paper prep</p> <p>No readings assigned for today</p> | <p style="text-align: center;"><u>8/15</u> Perpetration</p> <p><u>Turn in:</u> Research Question</p> <p>Read: Beech, Ward, & Fisher (2006)</p> | Reading Summary #3 |
| Week 4 | <p style="text-align: center;"><u>8/20</u> Barriers for Trauma Survivors</p> <p>Read:</p> <ul style="list-style-type: none"> ▪ Herman Chapters 7 & 8 (pp. 133-174) | <p style="text-align: center;"><u>8/22</u> Historical/Intergenerational Trauma</p> <p>Read:</p> <ul style="list-style-type: none"> ▪ Herman Chapter 9 (pp. 175-195) ▪ Brave Heart (2003) | Reading Summary #4 |
| Week 5 | <p style="text-align: center;"><u>8/27</u> Recovery and Resilience</p> <p>Read:</p> <ul style="list-style-type: none"> ▪ Herman Chapters 10 & 11 (pp. 196-236) | <p style="text-align: center;"><u>8/29</u> Exam 2</p> <p>Last day to participate in research for extra credit</p> | Final Paper due Friday August 30 by 5:00pm |

Support Resources

If you feel like some therapeutic support might be useful for you, I have included a list of counseling and supportive resources below. **Please note that I cannot assume responsibility for the quality of services you may receive if you choose to contact any of the listed resources.** It is my hope that students will find them useful, however, individuals' experiences may vary on a case-by-case basis.

- UCSC Counseling & Psychological Services (CAPS); counseling sessions, crisis support, substance use
(831) 459-2628
<https://caps.ucsc.edu/index.html>
- UCSC Campus Advocacy, Resources, & Education (CARE); free advocacy and support for people who have experienced sexual assault, dating/domestic violence, and stalking
(831) 502-2273
care@ucsc.edu
<https://care.ucsc.edu/index.html>
- Monarch Services; rape crisis center in Santa Cruz, offers support for people who have experienced sexual violence, domestic/dating violence, and human trafficking
24-hour crisis line: 1-888-900-4232
Non-crisis line: (831) 425-4030
<http://www.monarchsc.org/>
- 24-hour suicide crisis hotline (through Family Service Agency of the Central Coast)

831-458-5300

- 24-hour Crisis Text Line; texts answered by trained, supervised volunteer counselors within a few minutes of your texting
Text HOME to 741741 from anywhere in the USA, any time, about any type of crisis
If you are a person of color who would like to text with another person of color, text STEVE to 741741
(Description from CAPS website)
- The Trevor Project: crisis intervention and suicide prevention services for LGBTQ youth
24-hour crisis hotline: 866-488-7386
Text line (M-F, 12pm-7pm): Text TREVOR to 1-202-304-1200
Trevor online chat (7 days a week, 12pm-7pm): <https://www.thetrevorproject.org/>