

HSRV-137: TRAUMA-INFORMED INTERVENTIONS

Justification for this inactivation request

Course has not been offered in over three years.

Effective Term

Fall 2026

CC Approval

10/03/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Counseling (Master's Degree)	And
Nursing Science/Clinical Practice (Any Degree and Professional Experience)	

Subject Code

HSRV - Human Services

Course Number

137

Department

Human Services

Division

Counseling (COUN)

Full Course Title

Trauma-Informed Interventions

Short Title

Trauma-Informed Interventions

CB03 TOP Code

2104.00 - *Human Services

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

C - Clearly Occupational

SECTION B - Course Description

Catalog Course Description

This course is designed to provide an overview of trauma informed treatment. Student will explore the context in which services are delivered and the roles of treatment providers in different agencies. Students will review several evidence-based treatments and the effectiveness of those treatments for various populations.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Prerequisite(s)

HSRV 130 with a minimum grade of C or better

Requisite Justification

Requisite Description

Course Not in a Sequence

Subject

HSRV

Course

130

Level of Scrutiny

Content Review

Upon entering this course, students should be able to:

HSRV 130 with a minimum grade of C or better

SECTION D - Course Standards

Is this course variable unit?

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Students will explain how trauma-informed care treats various symptoms, and conditions in different ages and populations.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Describe the systems of care, provider roles, and accessibility to trauma-services.
2.	Define evidence-based practice.
3.	Discuss how resilience assists in mitigating the effects of trauma.
4.	Identify barriers for access and treatment of trauma victims.
5.	Compare and contrast evidence-based practices for children, adolescents, and adults.
6.	Identify culturally appropriate treatments and adaption for different clients.
7.	Create self-care strategies to prevent burn out for providers.

Course Content

1. Review of Trauma
 - a. Effects of trauma
 - b. Assessment
 - i. Screens used for assessment
 - c. Post-traumatic stress disorder
 - d. Complex trauma
 - i. Comorbid psychiatric disorders
2. Working with clients of different cultures
 - a. Communication skills and cross-cultural competency
 - b. Cultural concepts of illness and psychiatric problems
 - c. Institutional racism
 - i. Barriers in access to treatment for people of culture
 - ii. health disparities
3. Engaging client
 - a. Person-centered approaches to treatment
 - b. Different helpers and roles
 - c. Active listening
 - d. Verbal and non-verbal language
 - e. Defining personal boundaries
 - f. Establishing trust and supportive atmosphere
4. Define evidence-based treatments
 - a. interdisciplinary treatments
 - i. Roles of providers and tasks
 - ii. Case management
 - iii. Outpatient/inpatient treatment
 1. Private, non-profit, government services
 2. Victims of care
 - iv. individual therapy, family therapy, group therapy

5. Trauma treatments
 - a. Psychodynamic
 - i. Person-centered approach
 - b. Cognitive behavioral therapies
 - i. Cognitive processing therapy
 - c. Exposure therapy
 - d. Somatic therapies
 - i. mindfulness
 - ii. yoga
 - e. Complementary and Alternative Therapies
 - i. Hypotherapy
 - f. Neurofeedback
 - g. Pharmacotherapies
 - h. EMDR
 - i. Reenactment Protocol
 - i. psychodrama
 - j. Special Populations/System
 - i. Children
 - ii. Adolescents
 - iii. Military
 - iv. Traumatic Grief
 - v. Sexual Assault and Sexual Abuse
 - k. Burnout and self-care

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	
Critique	
Directed Study	
Lecture	
Other	Projects
Visiting Lecturers	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Final Exam Midterm
Quizzes	

Projects	Research Group
Oral Presentations	
Class Participation	
Other	Class work
Homework	
Performances	

Assignments

Reading Assignments

Students will be required to read the textbook and specific articles related to the Human Services population.

Example 1: Read a chapter from the assigned textbook.

Example 2: Review websites with pertinent trauma-informed care.

Writing Assignments

Students will be required to submit writing assignments, journal entries and written assignments from the text, which will include problem-solving.

Example 1: Complete a research paper.

Example 2: Review and complete a summary from a research article.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Briere, J.N. & Scott, C.

Title

Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment

Edition/Version

2nd

Publisher

Sage Publications, Inc

Year

2014

Material Type

Textbook

Author

Ven Der Kolk, B

Title

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Publisher

Penguin Publishing Group

Year

2015

Material Type

Textbook

Author

Shapiro, R.

Title

The Trauma Treatment Handbook: Protocols Across the Spectrum (Norton Professional Books)

Edition/Version

1st

Publisher

W. W. Norton & Company

Year

2010

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No