

MODEL CURRICULUM – Third Level

1.

Course title: Trauma and Recovery				
Course coordinator: Red. prof. dr. Darja Zaviršek				
Lecturers: Red. prof. dr. Darja Zaviršek As. dr. Leonida Kobal Možina Doc. dr. Bernard Stritih				
No. of hours: 125	Lectures: 30	Seminars: 0	Lab. work: 0	Other: 95
Credits: 5				

2.

Prerequisites:

The student has to complete the second-level studies programmes; studies programmes providing education for occupation regulated by Directives of the European Union evaluated with at least 300 credits; existing university study programmes in social and applied sciences, art and humanities, exceptionally in other sciences.

3.

Course objectives and intended learning outcomes:
(course-specific references)

The goal of this course is to understand the impact of trauma on the lifeworld of the individual and to learn about forms of support in the recovery process. The emphasis lies on the understanding of the trans-generational trauma which is typical of minority social environment.

Knowledge and understanding:

Students gain knowledge of the aspects of traumatic experience and its various effects. They develop the understanding of the forms of help for the people suffering from acute and long-term effects of a traumatic experience.

Reflection:

Students develop critical reflection on the significance of the society's reaction to traumatized individuals and the role of social work in identifying the stigmatisation of such individuals and in their integration into society.

4.

Contents (syllabus outline):

- Theories of trauma with the emphasis on psycho-analytical understanding of traumatic experience; cultural-specific traumas.
- Post-traumatic stress disorder.
- Trauma, gender, culture.
- The concept of passing trauma from generation to generation.
- Childhood and traumatic events and effects of trauma in adulthood.
- Trauma as the cause of migration and as the consequence of migration.
- Persecution, torture, escape.
- Experiencing violence (physical, sexual).
- War rapes.
- Political trauma.
- Mental health of migrants.
- Recollection, memory gaps and their significance;
- Trauma counselling;
- Trauma counselling for traumatized children at asylum centres, safe houses, and other social institutions;
- Competencies of social work in the field of trauma.
- Recovery processes;
- Minority groups and trauma (ethnic groups, migrants and refugees, people with disabilities, people in mental distress).
- Trauma as a consequence of violence and sexual abuse.
- Recovery and support processes: methods of social work.

5. Literature:

Bass, Ellen in Davis, Laura (1996), *Pogum za okrevanje*. LA in VŠSD, Ljubljana.

Bear Z., (Ur.) (1998), *Good practice in counselling people who have been abused. Good practice series 4*. London: Jessica Kingsley Publishers.

Gil, E., (1996), *Treating Abused Adolescents*. New York, London: Guilford Press.

Madanes, C. (1990), *Sex, Love, and Violence: strategies for transformation*. New York, London: W.W. Norton & Company.

Miller, A. (2005), *Upor telesa*. Ljubljana: Tangram.

Terr, L. C. (1991), *Childhood traumas: An outline and overview*. American Journal of Psychiatry, 148, 10-20.

Van der Kolk B. A., McFarlane A. C., Weisaeth, L. (Ur.) (1996), *Traumatic Stress*. New York: The Guilford Press.

6.

Teaching methods:

Lectures; seminars; workshops; student presentations. The students can gain the required credits with attendance at the lectures or with the participation at the seminars which are dealing with the above mentioned area. Students will be supervised during their self study hours. Since it is an international study programme, some classes will be delivered electronically (videoconferences, teleconferences, DVD, chat etc.).

7.

Assessment methods:

The students will be required to show full knowledge of the required literature with emphasis on their own research topic. The assessment methods will include:

- Assessment of the individual research work related to the module;
- Writing of a subject related seminar paper;
- student's presentations of the paper.

Instead of the above mentioned assessment methods the student can ask to be assessed with oral or written exam.

Seminar papers, projects, research work are graded according to the following grading scale:

- 10 – excellent: outstanding performance with only minor errors
- 9 – very good: above the average standard but with some errors
- 8 – good: generally sound work with a number of notable errors
- 7 – satisfactory: fair but with significant shortcomings
- 6 – sufficient: performance meets the minimum criteria
- 1-5 – fail: performance does not meet the minimum criteria

At the end of the module the student will gain 5 credits. Alternatively, the student can choose to gain 5 credits with the publication of a scientific paper in the area of trauma and recovery as a result of the research work.

8.

References:

(3-5 references relevant to the course)

Red. prof. dr. Darja Zaviršek

- (1994), *Ženske in duševno zdravje*. Ljubljana, VŠSD.
- (2000), A historical overview of women's hysteria in Slovenia. *Eur. j. women's stud.*, May 2000, vol. 7, no. 2, str. 169-188.
- (2006), Disabled women everyday citizenship rights in East Europe: examples from

Slovenia. V: Lukić, Jasmina, Regulska, Joanna, Završek, Darja (ur.). *Women and citizenship in Central and Eastern Europe*. Aldershot: Ashgate.

As. dr. Leonida Kobal Možina

- Kobal L. (2006). "Stvari, o katerih ne govoriš, ni" : medinstitucionalno sodelovanje na področju spolnih zlorab otrok od 1945 do 1985. V: Završek D. (ur.), Leskošek, V. (ur.). *Zgodovina socialnega dela v Sloveniji : med družbenimi gibanji in političnimi sistemi*, (Zbirka Zgodovina socialnega dela). Ljubljana: Fakulteta za socialno delo.
- Čaćinovič Vogrinčič, G., Kobal, L., Mešl, N., Možina, M. *Vzpostavljanje delovnega odnosa in osebne stika*, (Zbirka Katalog socialnega dela). V Ljubljani: Fakulteta za socialno delo, 2005.
- Možina, M., Kobal, L. (2005), Razvijanje stališča udeležnosti v psihoterapiji. *Čas. krit. znan.*, 2005, letn. 33, št. 221, str. 195-205.

Doc. dr. Bernard Stritih

- Stritih, Bernard, Možina, Miran (2000), Social work with psychiatric patients in Slovenia : the dialect between control strategy and strategy of help. *Dyn. Psychiatr.*, 2000, str. 299-311.
- Stritih, Bernard (2006), Psychiatrie-Patienten brauchen mehr als die Regelung ihrer sozialen Verhältnisse. *Dyn. Psychiatr.*, 2006, letn. 39, št. 217, str. 222-238.
- Stritih, Bernard (2006), Strategije pomoči pri socialnem delu s travmatiziranimi osebami in družinami. *Soc. delo*, dec. 2006, letn. 45, št. 6, str. 333-343.