

DISCIPLINE SPECIFIC ELECTIVE COURSE - 14: UNDERSTANDING AND DEALING WITH TRAUMA

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSE 14 Understanding and Dealing with Trauma	4	3	1	0	Passed Class 12 th	Nil

Learning Objectives

- Build a comprehensive understanding of trauma, its multifaceted nature, and societal implications.
- Develop an understanding of the concept of trauma from different perspectives that explain trauma and its effects.
- Explore the significance of community engagement and culturally sensitive interventions in trauma recovery.
- Equip students with practical skills and knowledge of evidence-based trauma interventions.

Learning Outcomes

After completing this course, the student will be able to:

- Define and critically analyse various types of traumas and their consequences in local and global contexts.
- Apply psychological theories and interdisciplinary perspectives to understand trauma responses.
- Evaluate community-based interventions, including grassroots and participatory approaches.

SYLLABUS OF DSE 14

UNIT 1

(9 Hours)

Conceptual Understanding of Trauma

- Definition, types, Indian Psychological Perspective: Concept of Dukkha (suffering), Trauma and Samskara, post traumatic growth, scope of trauma, effects of trauma and PTSD

UNIT 2

(12 Hours)

Theories of Trauma

- **Psychological Perspectives:** Psychodynamic Models: Trauma specific defense mechanisms, Behavioural and Cognitive Models: Trauma schemas, avoidance behaviours, and reprocessing
- **Biological Perspectives:** Neurobiology of trauma (HPA axis, amygdala, hippocampus), Role of epigenetics in trauma transmission, Evolutionary psychology's take on trauma responses (fight, flight, freeze)
- **Integrated Approaches:** Polyvagal theory and biopsychosocial models

UNIT 3

(12 Hours)

Psychological Interventions

- **Trauma-informed care principles:** Safety, trust, empowerment, collaboration, and cultural sensitivity, Practitioner Considerations: Ethical dilemmas in trauma work
- **Evidence-Based Interventions:** Eye Movement Desensitization and Reprocessing (EMDR), Trauma-Focused Mindfulness and Somatic Experiencing, Dialectical Behavior Therapy (DBT) for complex trauma

UNIT 4

(12 Hours)

Community-Based Experiences and Interventions

- **Trauma at the Community Level:** Collective trauma and its ripple effects (e.g., Partition) Participatory action research (PAR) in trauma recovery, Media and social networks (Their dual role in exacerbating and addressing trauma), Culturally Sensitive Approaches: Healing practices in Indian context, Peer support groups
- **Case Studies and Best Practices:** Case studies on disaster recovery programs

Practical component – NIL

Tutorial component

(15 Hours)

Suggestive Tutorial Activities

- Designing and implementing intervention strategies like role plays for case vignettes.
- Organize a debate where students argue for or against different theories' effectiveness in explaining trauma.
- Choose a topic related to trauma and do class presentations.
- Class discussions on Podcasts like *Somatic Experiencing Explained by Peter Levine*, *Exploring Polyvagal Theory with Dr. Stephen Porges*, *Trauma Healing in Conflict Zones*, *Dan Siegel – The Neurobiology of Trauma etc*, *Brené with Dr. Edith Eger on Trauma, Healing, and Forgiveness*

- Showcase and discuss videos/TED Talks like *Bessel van der Kolk – Trauma-Sensitive Yoga and Somatic Therapies*. *Nadine Burke Harris – How Childhood Trauma Affects Health Across a Lifetime*.

Essential/recommended readings:

- Droždek, B., & Wilson, J. P. (Eds.). (2007). *Voices of trauma: Treating psychological trauma across cultures*. New York, NY: Springer.
- Farrington, S., & Woodward, A. (2024). *The Psychology of Trauma*. Taylor & Francis.
- Gold, S. N. (2017). *APA Handbook of Trauma Psychology: Foundations in Knowledge, Vol. 1* (pp. xxii-624). American Psychological Association.
- Gold, S. N., Cook, J. M., Dalenberg, C. J. (2017). *APA Handbook of Trauma Psychology: Volume 2: Trauma Practice*, 1-1223. American Psychological Association.
- Herman, J. (2015). *Trauma and recovery: The aftermath of violence—from domestic abuse to political terror*. Basic Books.
- Misra, G. (Ed.). (2018). *Psychosocial interventions for health and well-being*. New Delhi: Springer India.
- Nicolson, P. (2023). *Genealogy, Psychology and Therapy* (2nd ed.). Routledge.
- Porges, S. W. (2011). The polyvagal theory: Phylogenetic substrates of a social nervous system. *International Journal of Psychophysiology*, 42(2), 123-146.
- Subica, A. M., & Link, B. G. (2022). Cultural trauma as a fundamental cause of health disparities. *Social Science & Medicine*, 292, 114574.
- Van der Kolk, B. (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Viking.

Suggestive Readings:

- Cherry, K. E., & Gibson, A. (2020). *The intersection of trauma and disaster behavioral health*. Springer.
- Herman, J. (2015). *Trauma and recovery: The aftermath of violence—from domestic abuse to political terror*. Basic Books.
- Levine, P. (2010). *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. North Atlantic Books Berkeley, California.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.