

# **HSV125W : Trauma Counseling and Self-Care**

Trauma Counseling and Self-Care teaches students about various forms of trauma, about the way symptoms can manifest themselves following a traumatic event, and about the manner in which one can best support a person experiencing trauma. The course reviews PTSD and Adjustment Disorder, offering recommended treatments for these disorders, along with instruction on good practice for those working with people with these disorders. The course also reviews proper self-care and teaches various coping skills that counselors use to manage stressors both in themselves and in their patients. Additionally, the course reviews Vicarious Trauma, Secondary Trauma, and Compassion Fatigue, offering ways to manage these types of traumas for one's emotional wellbeing.

**Lecture Hours** 3

**Lab Hours** 0 **Credits** 3