Learning from Trauma: Understanding Its Effects and Building Personal Resources

Unresolved trauma affects our psychological and physical well-being. This class educates students about the after-effects of trauma, such as the inability to modulate physiological arousal, dissociation, emotional problems, and negative beliefs that often follow traumatic experiences. An experiential class, we explore somatic resources for dealing with trauma and work with the effects of trauma in a group setting. The primary focus is on accessing the body and developing somatic resources to help a person cope with and resolve the symptoms of trauma. This encourages mastery over helpless and overwhelming feelings. Prerequisite: PSYB 101.

Course Number: PSYB359
Unit: 3.0
Program: Psych - BA Contemplative