San José State University

Department of Psychology

PSYC 190-10, Trauma Psychology

Spring 2019

Instructor: Matthew Beristianos, Ph.D.

Class Day/Time: Wednesday 6:00 p.m. to 8:45 p.m.

Classroom: Dudley Moorhead Hall, Room 347

Prerequisites:

1) Prerequisite: PSYC 100W and Senior standing.

2) Pre/Co-requisite: PSYC 120.

Office Location: Dudley Moorhead Hall, Room 232

Email: Matthew.Beristianos@sjsu.edu

Office Hour: Wednesday 5:00-6:00pm

Canvas Web Page
Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on our course’s Canvas webpage. The course should have already been added to your Canvas course list. Let me know if that hasn’t occurred.

General Psyc 190 Course Description
Psychology 190: Capstone course. Integrative survey of current viewpoints and issues in psychology, how they developed, and likely future directions of psychology. Since this is a senior psychology capstone class, it will be important to address all major areas of psychology, e.g. clinical/counseling, social, abnormal, developmental, personality, cognitive, and neurobiology.

Psyc 190-10 Learning Outcomes
1. The understanding of various sources of psychological trauma, and their possible long-term effects.
2. The development of knowledge of current research in the field from major areas of trauma psychology.

3. The awareness of the various ways trauma is present in society now – particularly what, and how it is, communicated through the media.

**Course Learning Outcomes (CLOs)**
Upon successful completion of this course, students will be able to:

*CLO1* – Possess a comprehensive understanding of the multiple sources of psychological trauma and their long-term effects.

*CLO2* – Have an extensive knowledge of current research in the field from major areas of trauma psychology.

**Program Learning Outcomes (PLO)**
Upon successful completion of the psychology major requirements...

*PLO1 – Knowledge Base of Psychology* – Students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

*PLO2 – Research Methods in Psychology* – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

*PLO3 – Critical Thinking Skills in Psychology* – Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

*PLO4 – Application of Psychology* – Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.

*PLO5 – Values in Psychology* – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

**Required Readings**
*Textbooks will not be utilized in this course.* The field of trauma and trauma treatments is rapidly developing, and I find journal articles to be a much more valuable source of psychological trauma knowledge than textbooks. Thus, journal articles will be the required readings for this course. These articles will be either sent to the class via email, or posted to the course’s Canvas page, a week in advance of the lecture.
King Library Research Services
It is assumed that you will have already done a fair amount of psychology literature review for your previous courses to this point. If you have any difficulty whatsoever accessing articles, let me know. You can also access library resources at the following link: https://library.sjsu.edu/ask-librarian/ask-librarian.

Course Requirements and Assignments
SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in University Policy S12-3 at http://www.sjsu.edu/senate/docs/S12-3.pdf

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

Classroom Protocol
I expect that you will attend regularly and participate in class discussions. Please arrive on time; it is disruptive to everyone else when someone arrives late. Turn your cell phone off or, if necessary, place in vibrate mode. The material covered in this class is highly personal to many students and it is rude not to give each other complete attention.

Assignments and Grading Policy
- Literature Review for Research Paper 30 points
- Rough Draft of Research Paper 20 points
- Peer Review of research paper draft 30 points
- Media (news/opinion) article assignment 30 points
- Individual Research Paper 100 points
- Mid-term Exam 70 points (35 questions)
- Final Exam 100 points (50 questions)

“A minimum aggregate GPA of 2.0 SJSU Studies (R, S, & V) shall be required of all students as a graduation requirement.” To see full text, review University Policy S11-3 at http://www.sjsu.edu/senate/docs/S11-3.pdf

Individual Research Paper
One paper, minimum 6 total pages in length (Title page, minimum 4 pages of body, Reference page). Students are to select a topic that falls within the field of trauma. It is advisable to pick a topic that has personal meaning in their own lives. Students will conduct a literature review and
rough draft of the topic. The paper must be in APA style throughout. Points will be deducted for each day late.

**Peer Evaluation of Rough Drafts.** Students will provide two peer evaluations on rough drafts. You will be divided into groups of 3 to 4, and sent each of your drafts.

**Media Article Presentation (News/Opinion).** Each student will choose an article for the class to read before class every week. The article you choose can be brief, but it must be an article from the media that reflects a news story or opinion piece on any topic that is related to trauma. This article is to be sent to the instructor via email the Friday before class, and he will disseminate it to the class. Please plan to answer these three questions to start our discussion of your article: 1) Why you chose the article, 2) Why do you find that topic related to our society now, and 3) What can we do as a society to do address the issue that arises from that topic? In addition, have two questions ready for the class to address/answer.

**Grading**

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<tr>
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<td>A-</td>
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<td>B+</td>
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<td>B</td>
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<tr>
<td>B-</td>
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<td>C+</td>
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**University Policies**

**General Expectations, Rights and Responsibilities of the Student**

As members of the academic community, students accept both the rights and responsibilities incumbent upon all members of the institution. Students are encouraged to familiarize themselves with SJSU’s policies and practices pertaining to the procedures to follow if and when questions or concerns about a class arises. See University Policy S90-5 at http://www.sjsu.edu/senate/docs/S90-5.pdf. More detailed information on a variety of related topics is available in the SJSU catalog, at http://info.sjsu.edu/webdbgen/narr/catalog/rec-12234.12506.html. In general, it is recommended that students begin by seeking clarification or discussing concerns with their instructor. If such conversation is not possible, or if it does not serve to address the issue, it is recommended that the student contact the Department Chair as a next step.

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at http://www.sjsu.edu/provost/services/academic_calendars/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes. Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/
Consent for Recording of Class and Public Sharing of Instructor Material
University Policy S12-7, http://www.sjsu.edu/senate/docs/S12-7.pdf requires students to obtain instructor’s permission to record the course.

- “Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”

  - It is suggested that the green sheet include the instructor’s process for granting permission, whether in writing or orally and whether for the whole semester or on a class by class basis.

  - In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.

- “Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

Academic integrity
Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University Academic Integrity Policy S07-2 at http://www.sjsu.edu/senate/docs/S07-2.pdf requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sjsu.edu/studentconduct/

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act
If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive
97-03 at [http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at [http://www.sjsu.edu/aec](http://www.sjsu.edu/aec) to establish a record of your disability.

In 2013, the Disability Resource Center changed its name to be known as the Accessible Education Center, to incorporate a philosophy of accessible education for students with disabilities. The new name change reflects the broad scope of attention and support to SJSU students with disabilities and the University's continued advocacy and commitment to increasing accessibility and inclusivity on campus.

**Student Technology Resources**

Computer labs for student use are available in the Academic Success Center at [http://www.sjsu.edu/at/asc/](http://www.sjsu.edu/at/asc/) located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

**SJSU Peer Connections**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. Computer lab and study space also are available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in two locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), and at the 1st floor entrance of Clark Hall. Visit Peer Connections website at [http://peerconnections.sjsu.edu](http://peerconnections.sjsu.edu) for more information.

**ACCESS Success Center**

The ACCESS Success Center is a resource for College of Social Sciences students, which includes psychology majors. This center provides mentoring, tutoring, and advising especially geared for social science majors. The center provides workshops and presentations on writing, statistics,
graduate school applications, and so forth. Visit their webpage for more information, http://www.sjsu.edu/access/

SJSU Writing Center
The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the Writing Center website at http://www.sjsu.edu/writingcenter. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this code.)

The SJSU Counseling and Psychological Services is located in Room 300B, third floor of the Student Wellness Center (corner of 7th and San Carlos St., across from the Event Center. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit Counseling Services website at http://www.sjsu.edu/counseling or email counseling services@sjsu.edu

Psychology 190-10 Spring 2019

Schedule*

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Assignments, Deadlines (In-progress)</th>
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<tbody>
<tr>
<td>1</td>
<td>Jan 30</td>
<td>Introduction to class</td>
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<tr>
<td>2</td>
<td>Feb 6</td>
<td>Mental health diagnoses reviewed</td>
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<tr>
<td>3</td>
<td>Feb 13</td>
<td>Introduction to Trauma and Posttraumatic Stress Disorder</td>
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<td><strong>Due:</strong> Paper Topic – Send to <a href="mailto:matthew.beristianos@sjsu.edu">matthew.beristianos@sjsu.edu</a></td>
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<tr>
<td>4</td>
<td>Feb 20</td>
<td>Risk factors, protective factors, and demographics of who gets PTSD</td>
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<tr>
<td>5</td>
<td>Feb 27</td>
<td>(Continued) Risk factors, protective factors, and demographics of who gets PTSD</td>
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<td><strong>Due:</strong> Literature Review (at least 6 references)</td>
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<td>Mar 6</td>
<td>Trauma/PTSD and the Brain</td>
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<td>Mar 13</td>
<td>Comorbidities of PTSD: Major Depression</td>
<td>Due: Rough Draft of Paper</td>
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<td>Mar 20</td>
<td>MID-TERM EXAM</td>
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<td>Mar 27</td>
<td>Comorbidities of PTSD: Substance Use</td>
<td>Due: Peer review of rough drafts</td>
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<td>Apr 3</td>
<td>SPRING BREAK</td>
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<tr>
<td>Apr 10</td>
<td>Trauma/PTSD and Suicidal Behavior</td>
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<td>Apr 17</td>
<td>Moral Injury and Complex PTSD</td>
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<td>Apr 24</td>
<td>Childhood Treatments for PTSD: Trauma-Focused CBT (TF-CBT)</td>
<td>Due: Final draft of Paper</td>
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<td>May 1</td>
<td>Treatments for PTSD: Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE)</td>
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<td>May 8</td>
<td>Final Exam Review</td>
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<td>May 15</td>
<td>FINAL EXAM (6:45p – 9:00pm)</td>
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**Tentative Course Schedule**

*Specific topics to be decided upon by class the first meeting.*

*The schedule is subject to change with fair notice via announcement in class or email.*