Unit 1: Trauma Foundations

9/15/14  Course Introduction: Complexity of Adaptation to Trauma
Elizabeth Hopper, Ph.D., Margaret Blaustein, Ph.D.

Readings:


9/22/14  The Attachment System
Hilary Hodgdon, Ph.D.

Readings:


**Recommended Readings:**


The Body Keeps the Score  
Chapters 8-9

9/29/14  
**Trauma, the Brain and Biology**  
Bessel van der Kolk, MD

**Readings:**

The Body Keeps the Score  
Chapters 3-5


10/6/14  
**The Role of Race, Class, and Context**  
Margaret Blaustein, Ph.D.

**Readings:**

In-Class Movie:  
“20/20: Waiting on the World to Change”

Other Readings TBD

**Suggested Text**

10/13/14  
**Columbus Day - NO MEETING**

10/20/14  
**Culture and Trauma**  
Marta Casas, MA

**Readings:**


**Recommended Book:**


**Unit 2: Attachment and Relational Engagement**

10/27/14  
**Supporting Adult Connection and Relationship**  
Fran Grossman, Ph.D.

**Readings:**

Reaching Across the Abyss: Client and Therapist Attachment Styles and Relational Patterns  
Chapters 7-8

11/3/14  
**Timing and Pacing of Phase Oriented Treatment**  
Joseph Spinazzola, Ph.D.

**Readings:**

Chapter 8: "Safety". (pp. 155-174)  
Chapter 9: "Remembrance and Mourning" (pp. 175 - 195)  
Chapter 10: "Reconnection" (pp. 196 - 213)


*Chapter 4: Courtois, C., Ford, J. & Cloitre, M. “Best Practices in Psychotherapy for Adults” (pp. 82 – 103)

**Recommended Readings:**


11/10/14  
**Special Topic: Commercial Sexual Exploitation of Children and Youth**  
Lisa Goldblatt Grace, LICSW, MPH

**Readings:**

Lloyd, R. (n/d). *From Victim to Survivor, From Survivor to Leader; The Importance of Leadership Programming and Opportunities For Sexually Exploited and Trafficked Young Women and Girls.* Girls Educational and Mentoring Services.

11/17/14  **Engaging families and Supporting Caregiver Capacities**  
Margaret Blaustein, Ph.D.

**Readings:**  
TBD

11/24/14  **Emotional Abuse and Neglect**  
Hilary Hodgdon, Ph.D.

**Readings:**


Optional:

**Unit 3: Regulation, Part 1: Foundations**

12/1/14  **Dysregulation and Trauma**  
Bessel van der Kolk, MD

**Readings:**

The Body Keeps the Score  
Chapters 6-9
12/8/14  Supporting Regulation in Childhood  
Margaret Blaustein, Ph.D.

Readings:
TBD

12/15/14  Caring for the Caregiver: Vicarious Trauma  
Margaret Blaustein, Ph.D., Elizabeth Hopper, Ph.D.

Readings:


12/22/14  Winter Break - NO MEETING

12/29/14  Winter Break - NO MEETING
**Unit 4: Regulation, Part 2: Engaging the Body: Nonverbal / Expressive Approaches**

1/5/15

**Trauma Processing: Nonverbal/Expressive Strategies**
Erika Lally, LMHC

Readings:


1/12/15

**Yoga and the Traumatized Body: Applications of Trauma-Sensitive Yoga in Trauma Treatment**
David Emerson, E-RYT

Readings:

http://www.traumacenter.org/products/pdf_files/Yoga_Adjunctive_Treatment_PTSD_V0001.pdf


1/19/15  Martin Luther King Jr. Day - NO MEETING

1/26/15  Sensorimotor Approaches in Trauma Treatment
Anne Westcott, LICSW

Readings:
TBD

2/2/15  Sensory Motor Arousal Regulation Treatment (SMART):
Bottom-up Interventions for Childhood Trauma
Elizabeth Warner, Psy.D.

Readings:


2/9/15  Sand Tray Therapy
Robert Aikin, LICSW

Readings:


**Recommended Reading:**

2/16/15  **President’s Day – NO MEETING**

**Unit 5: Dissociation**

2/23/15  **Dissociation: Foundations**
Fran Grossman, Ph.D.

**Readings:**


Chapter 1: Relational Parts Work  
Chapter 2: Relational Parts Work Practice

3/2/15  **Intervening with Dissociation: Parts Work**
Fran Grossman, Ph.D.

**Readings:**

Reaching Across the Abyss: Client and Therapist Attachment Styles and Relational Patterns  
Chapters 12-13

3/9/15  **Internal Family Systems**
Frank Guastella Anderson, M.D.
Readings:


**Unit 6: Trauma Experience Integration**

3/16/15  **Trauma Experience Integration**  
Joseph Spinazzola, Ph.D.

Readings:  
TBD

3/23/15  **Trauma Focused Cognitive Behavioral Therapy**  
Jessica Griffin, Psy.D.

Readings:


http://dx.doi.org/10.1016/j.chiabu.2012.03.007


3/30/15  **Use of EMDR in Trauma Processing**  
Deborah Korn, Psy.D.

Readings:


**Recommended Readings:**


4/6/15

**Narrative Therapy**

Jodie Wigren, Ph.D.

**Readings:**


4/13/15  **Trauma Processing and the Nature of Traumatic Memory**  
Bessel van der Kolk, M.D.

**Readings:**

The Body Keeps the Score  
Chapters 13-14

**Recommended Reading:**

The Body Keeps the Score  
Chapters 15-18

4/20/15  Patriots Day – NO MEETING

**Unit 7: Enhancing Competency**

4/27/15  **Is it in you? The role of playfulness in treating early childhood trauma.**  
Steve Gross, MSW

**Readings:**  
TBD

5/4/15  **Theater and Cooperative Games to Support Strengths**  
Joseph Spinazzola, Ph.D.

**Readings:**


  **Chapter 3:** Ford, J. & Cloitre, M. “Best Practices in Psychotherapy for Children and Adolescents.” (pp. 59 – 81).  
  **Chapter 4:** Courtois, C., Ford, J. & Cloitre, M. “Best Practices in Psychotherapy for Adults” (pp. 82 – 103)  
  **Chapter 14:** Fosha, D., Paivia, S., Gleiser, K. & Ford, J.  
  “Experiential and Emotion-Focused Therapy”. (pp. 286 – 311).
Recommended Reading:


**Unit 8: Future Directions**

5/11/15  **Future Directions**
Bessel van der Kolk, MD

Readings:

The Body Keeps the Score
Chapters 19-20

5/18/15  **Terminations in Trauma Treatment**
Margaret Blaustein, Ph.D.
Elizabeth Hopper, Ph.D.

Readings:


*Syllabus updated 9/12/14*