



## Trauma Academy

Healing Trauma from an African Centered Healing Approach Certificate Healing Academy			
Course Number	Course Name	Credits	Pre-Requisites
301	Black Psychology	3	None
350	African Centered Healing	3	Black Psychology
409 (SCWK)	Intro To Trauma	3	Black Psychology African Centered Healing
351	Self-Care and Professional Resilience	3	Black Psychology African Centered Healing Intro to Trauma
418	Special Topics	3	Black Psychology African Centered Healing Intro to Trauma
435	Practicum	3	Black Psychology African Centered Healing Intro to Trauma Self-Care and Professional Resilience Special Topics
	<b>Total</b>	<b>18 Cr.</b>	

### Course Descriptions

#### Black Psychology

This course focuses on the study of human behavior and mental processes in the context of the African American community and the broader African diaspora. Students will examine relevant psychological issues including African world views, social constructivism, Afrocentric/Afrocentric psychology, black identity development, and the impact of racism. Further, this course will examine the pioneering black psychologists who promulgate theories and research. Beyond covering the fundamental frameworks within Black Psychology, this course will offer a critical look at the real-life application of psychological research into the black community. Prerequisite: None. Credit three hours.

#### African-Centered Healing

This course will explore what it means to be a healer through an African Centered lens. Through the use of psychodrama, sociodrama and other group techniques, participants will tackle their personal alignment to African Centered precepts of belonging, spirituality, valuing and wholeness. The impact of personal, community and historical trauma will also be explored. The course provides 45 education hours toward trauma certification or recertification.

**Intro to Trauma**

This course explores theories, research, and treatment modalities related to various types of trauma (i.e., combat; childhood abuse and neglect; and exposure to violence, rape, and Domestic violence). Through the course work, students develop knowledge related to post-Traumatic stress disorder and acute stress disorder. Students also acquire knowledge related to vicarious stress/secondary stress, and explore unique aspects of working with individuals, groups, and communities who have experienced trauma.

**Self-care and Professional Resilience**

This course is designed to train students and practitioners to recognize their own vulnerabilities to stress both internally, externally, and to holistically intervene and avoid countertransference in professional interactions. Specifically, the course will focus on understanding stress and trauma, preventing burnout and indirect trauma, and cultivating and sustaining professional resilience. The course will offer implications and applications for the complex traumatic issues that result from generational racism and microaggressions in both the client system and with the practitioner. The use of mindfulness practice and other self-care interventions with cultural competence will be explored as well as the ethical obligation to consistently care for one's self in practice.

**Special Topics**

This course will provide an overview of the various types of trauma as impacted by people of color and preferred methods of coping with trauma. The course includes content to promote the broad awareness of scope of traumatic stressors experienced by people of color in the United States as individuals and as a group. Content will also be provided on the various coping strategies utilized by people of color as well as identify best practices for practitioners working with individuals with trauma. The course provides 45 education hours toward trauma certification or recertification

**Practica in Healing Trauma**

The Practica in Healing Trauma provides students the opportunity to observe and practice the application of behavior science principles on-the-job. The students will have an opportunity to identify a practicum site from an approved practicum site list. This course will provide the students with civic and social services that could be incorporated into their professional resumes. The course instructor will work out course expectations with the student and the practicum site supervisor. Prerequisites: All courses in the Healing Trauma from an African Centered Healing Approach Certificate: Black Psychology, African Centered Healing, Intro to Trauma, Self Care and Professional Resilience, Special Topics. Credit three hours.