

**St. Mary's Ecumenical Institute
Spring 2018**

Course Name & Number: PT653 Trauma and Healing

Instructor(s): Drs. Fosarelli & Hayes

Class Meetings: Intensive course of 3 Saturdays - January 6 & 13 and February 24 (all 8:30 to 4:30); and 4 evenings (M, T, W, Th) - January 8, 9, 10, 11, all 6:00 -9:00 pm.

Monday	Tuesday	Wednesday	Thursday	Sat
				Jan 6 8:30-4:30
Jan 8 6:00-9:00	Jan 9 6:00-9:00	Jan 10 6:00-9:00	Jan 11 6:00-9:00	Jan 13 8:30-4:30
				Feb 24 8:30-1:30

Course Description:

Trauma is a shattering psychological catastrophe that overwhelms our capacity to cope, and because it breaks down our expectations of how life should be, it is very often is a spiritual crisis as well. Often, the pastor, chaplain, or lay minister is the first line of help.

There are natural catastrophes, experience of war and torture, rapes and assaults, and the more insidious and complex relational traumas that take place in families and intimate relationships. Finally there is the trauma induced by toxic religious communities and teachings. This intensive course provides an immersion in understanding the spectrum and nature of trauma, along with its profound effects on the brain, psyche, and spirit. This course equips the pastoral helper to be non-anxious presence providing accurate unflinching empathic witness to suffering and to assess the need for other kinds of care, facilitating a useful referral when indicated. Understanding trauma in depth requires theological reflection on its meaning and sources of authentic healing.

Course Requirements:

- **Reading:** Students should expect to read at most 900 pages of required reading and should come prepared to discuss readings in class.
- **Writing:** Required writing assignments: 1) Personal reflection paper on an episode of trauma in one's own life or the life of a close associate (3-5 pp) – 20%; 2) paper on the psychological dimensions of trauma and healing (8- 10 pp) – 30% ; 3) paper on the spiritual dimensions of trauma and healing (10 pp) & a re-analysis of episode described in paper 1 (10-12 pp) – 40%
- **Other:** Class participation – 10%

Required Texts:

Hunsinger Deborah van Deusen, *Bearing the Unbearable* (Eerdman, 2015)

ISBN: 978-0802871039

Jones Serene, *Trauma & Grace* (W/JK, 2009). ISBN: 978-0664234102

Van der Kolk, Bessel, *The Body Keeps Score* (Viking, 2014). ISBN: 978-0670785933

Another text on children & teens - TBD