

COURSE CONTENT

Course Code / Title : HP4102 Trauma Psychology, Crisis Intervention & Management

Pre-requisites : HP1000 + HP1100 or CS2008 (PSMA) + HP2700

No. of AUs. : 4

Contact Hours : 52

Course Aims

In a technological and globalised world, traumatic events such as disasters, critical incidents and crises have become common occurrences with far-reaching stressful effects. These crisis events and related distresses have great impact on economic, social, political and psychological stability of the affected countries and individuals. The main purpose of this course is to provide psychology students with an understanding of how people react, behave or are affected in a disaster, critical incident or crisis. It is necessary for a future psychologist to understand, help and manage people in crisis or who are victims of trauma.

Intended Learning Outcomes (ILO)

By the end of the course, you should be able to:

- (1) Explain with scholastic information and research studies to others about the nature and characteristics of disasters and crises;
- (2) Discuss the concepts of emergency behaviour and recognise stress reactions and identify post-traumatic symptoms during and after a crisis;
- (3) Recognise stress reactions, grief reactions, and identify post-traumatic symptoms during and after a crisis in case studies;
- (4) Apply psychological knowledge and basic skills of crisis intervention and management in response to a crisis when it arises;
- (5) Apply some crisis intervention and therapeutic skills and techniques of coping with traumatic stress toward the development of psychological resilience and post-crisis growth;
- (6) Describe relevant strategies of working with colleagues, supervisors and other organisations or agencies during a crisis.

Course Content

- Introduction to Trauma Psychology; classification of disasters and understanding the nature of critical incidents and crises; emergency behaviour and psychological reactions in disasters.
- Victims of disasters: the circles of vulnerability; leadership performance during a crisis.

- Mental health issues in disasters: crisis & traumatic stress, and post-traumatic stress disorders; crisis of loss, grief & bereavement.
- Victims of violence and abuse: sexual assaults, family violence (child abuse, spousal abuse) etc.
- Psychosocial intervention strategies and trauma response in disasters.
- Theoretical models of crisis intervention & related treatment methods;
- ethical and cultural sensitivity in crisis intervention.
- Crisis intervention skills I: ABC Model of crisis intervention; BASIC Ph
- Crisis intervention skills II: Psychological Debriefing
- Crisis intervention skills III: Supportive Counselling, Relaxation Training,
- Systematic Desensitisation, Cognitive Behavioural Therapy,
- Crisis information management, media relations and crisis communications issues
- Helping the helpers: preparing volunteers for crisis and emergency work
- Psychological resilience and post-traumatic growth
- Disaster mental health planning: critical incident stress management and development of CISM doctrines.

Course Assessment

CA1 Case Study Report	: 50%
Final Examination	: 50%
Total	-----
	100%

Reading and References

1. James, Richard K & Gilliland Burl E (2017, 2013). *Crisis Intervention Strategies, 8thed.* Boston: Cengage Learning
2. Halpern, James & Tramontin, Mary (2007). *Disaster mental health: theory and practice.* Belmont: Thomson.
3. Hodgkinson, P E & Stewart, M. (1998). *Coping with catastrophe, 2nd ed.* London: Routledge.
4. Kanel, Kristi (2019). *A guide to crisis intervention, 6th ed.* Cengage Learning.
5. (Everstine, Diana Sullivan & Everstine, Louis (2013). *Strategic interventions for people in crisis, trauma, and disaster, Revised Edition,* New York: Routledge.
6. Wastell, Colin (2005). *Understanding Trauma and Emotion.* Maidenhead, Berkshire: Open University Press

(Additional journal reading articles will be posted progressively on *NTULearn* during the course.)

Planned Weekly Schedule (subject to changes, if any)

Week	Topic	Course LO	Readings/ Activities
1	Introduction to Trauma Psychology; classification of disasters and understanding the nature of critical incidents and crises; emergency behaviour and psychological reactions in disasters.	1	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
2	Victims of disasters: the circles of vulnerability; leadership performance during a crisis.	1, 2	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
3	Mental health issues in disasters: crisis & traumatic stress, and post-traumatic stress disorders; crisis of loss, grief & bereavement.	2, 3	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
4	Victims of violence and abuse: sexual assaults, family violence (child abuse, spousal abuse) etc.	2, 3	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
5	Psychosocial intervention strategies and trauma response in disasters.	3, 4	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
6	Theoretical models of crisis intervention & related treatment methods; ethical and cultural sensitivity in crisis intervention.	1, 2, 3, 4	Read relevant chapters and pages from recommended textbooks and references for the week's topic.

7	Crisis intervention skills I: ABC Model of crisis intervention; BASIC Ph	4	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
8	Crisis intervention skills II : Psychological Debriefing	4	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
9	Crisis intervention skills III: Supportive Counselling, Relaxation Training, Systematic Desensitisation, Cognitive Behavioural Therapy	4, 5	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
10	Crisis information management, media relations and crisis communications Issues	4	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
11	Helping the helpers: preparing volunteers for crisis and emergency work	5, 6	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
12	Psychological resilience and post-traumatic growth	5, 6	Read relevant chapters and pages from recommended textbooks and references for the week's topic.

13	Disaster mental health planning: critical incident stress management and development of CISM doctrines.	5, 6	Read relevant chapters and pages from recommended textbooks and references for the week's topic.
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