



COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
Posttraumatic Society	

Lecturer(s)	Department(s) where the course unit (module) is delivered
Coordinator: prof. dr. Evaldas Kazlauskas Other(s): Dr. Paulina Želvienė, Ieva Daniūnaitė	Center for Psychotraumatology, Institute of Psychology, Vilnius university

Study cycle	Type of the course unit (module)
Bachelor	Optional

Mode of delivery	Period when the course unit (module) is delivered	Language(s) of instruction
Lectures and seminars	Autumn, Spring	English

Requirements for students	
Prerequisites: -	Additional requirements (if any): -

Course (module) volume in credits	Total student's workload	Contact hours	Self-study hours
5 ECTS	135	32	103

Purpose of the course unit (module): programme competences to be developed
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The course will focus on psychological trauma and its impact on individuals, groups and society. Students will be introduced to current traumatic stress research and theories. During the course students will explore historical and autobiographical accounts on trauma. As the result of the course students will be familiar with normal and abnormal reactions to traumatic events, short-term and long-term consequences of traumatic events, risk and protective factors of post-traumatic stress disorder, and psychosocial support after traumatic events. After completion of the course students will be able to integrate basic psychotraumatology knowledge into their professional and personal life.

Learning outcomes of the course unit (module)	Teaching and learning methods	Assessment methods
After completing the course, students will understand psychological reactions of person, group and society to traumatic events, based on research findings and the main theories of psychotraumatology.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.
After completing this course, students will understand the needs of trauma survivors, and basic principles of care for trauma survivors.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.
After completing this course, students will be able to present, discuss and analyze psychological effects of trauma on individual and society, and will understand the application of this knowledge in professional and personal life.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.

Content: breakdown of the topics	Contact hours	Self-study work: time and assignments
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	Lectures	Tutorials	Seminars	Exercises	Laboratory work	Internship/work placement	Contact hours	Self-study hours	Assignments
1. Introduction to psychotraumatology, the main concepts.	4						4	0	-
2. The history of psychotraumatology. Trauma research context in the Baltic countries.			2				2	6	Readings selected and recommended by the course lecturer.
3. Psychological effects of trauma. Definition of stress-related disorders.			4				4	12	Readings selected and recommended by the course lecturer.
4. Effects of prolonged traumatization and complex trauma.			4				4	12	Readings selected and recommended by the course lecturer.
5. Psychological theories of posttraumatic stress.			4				4	12	Readings selected and recommended by the course lecturer.
6. Effects of trauma on families and intergenerational trauma consequences.			2				2	6	Readings selected and recommended by the course lecturer.
7. Posttraumatic growth and psychological resilience. Risk and protective factors after trauma.			2				2	6	Readings selected and recommended by the course lecturer.
8. Psychosocial support for trauma survivors. Basic principles of trauma care and treatment in psychotraumatology.			2				2	6	Readings selected and recommended by the course lecturer.
9. Diversity of reactions to various traumatic events.			8				8	43	Readings, chosen by student and recommended by lecturer. Preparation of presentation and essay on chosen topic.
Total	4		28				32	103	

Assessment strategy	Weight, %	Deadline	Assessment criteria
Presentation in a seminar	25	Throughout the semester	Students prepare a presentation on a chosen topic from psychotraumatology field. The topic of the presentation is approved by the course lecturer in the beginning of the course. The topic is the same as the topic of the written essay. Presentation is evaluated on a 10-point scale, where 10 represent that student is able to present the chosen question of psychotraumatology field in the seminar excellently. It is obligatory to make a presentation during the seminar to be eligible to take an exam.
Written essay	25	End of semester, before the exam.	Students prepare an essay on a chosen topic from psychotraumatology field. The topic of the essay is agreed with the course lecturer in the beginning of the course. The topic is the same as the topic of the oral presentation, made in the seminar. Essay is evaluated on a 10-point scale, where 10 represent that student is able to describe and analyze the chosen question of

			<p>psychotraumatology excellently and use scientific literature for his/her work.</p> <p>It is obligatory to write an essay and deliver it to the lector to be eligible to take an exam.</p>
Written exam	50	End of semester.	<p>Situations of traumatic events and survivors' reactions are presented. Questions, connected to the situations, are given. To answer questions students must apply knowledge gained during the course at lectures, seminars and readings. Exam is evaluated on a 10-point scale, where 10 represent that student is able to understand main topics of psychotraumatology field and can apply its knowledge to the practical situations excellently.</p>

Author	Year of publication	Title	Issue of a periodical or volume of a publication	Publishing place and house or web link
Readings				
<ol style="list-style-type: none"> 1. Ford, J. D., Grasso, D. J., Elhai, J. D., & Courtois, C. A. (2015). Posttraumatic stress disorder: Scientific and professional dimensions. Academic press. 2. Schnyder, U., & Cloitre, M. (Eds.). (2015). Evidence Based Treatments for Trauma-Related Psychological Disorders. Springer. 3. Herman, J. (2004). From trauma and recovery: the aftermath of violence—from domestic abuse to political terror. 4. Van der Kolk, B. (2014). The body keeps the score: Mind, brain and body in the transformation of trauma. Penguin UK. 5. Joseph, S., Linley, P., A., (Eds.). (2008). Trauma, recovery, and growth: Positive psychological perspectives on posttraumatic stress. Wiley. 6. Maercker, A., Heim, E., & Kirmayer, L. J. (Eds.) (2019). Cultural Clinical Psychology and PTSD. <p>Scientific articles selected by the lecturer.</p>				