

## Unit Title: **Approaches to Working with Trauma**



**Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.**

Unit Level:	<b>Four</b>
Unit Guided Learning Hours:	<b>60</b>
Ofqual Unit Reference Number:	<b>K/506/3080</b>
Unit End Date:	<b>31/12/2019</b>
Unit Sector:	<b>1.3 Health and Social Care</b>

### Unit Summary

This unit will introduce learners to the application of counselling skills in this special area of practice and enable the practice of newly acquired skills. The unit will enable learners to develop a theoretical and practical understanding of working with trauma.

### Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

**This unit has 5 learning outcomes**

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the features of trauma	1.1. Clarify the term <b>trauma</b> 1.2. Distinguish between the <b>different types of traumatic disorders</b> 1.3. Demonstrate familiarity with diagnostic criteria for traumatic disorders
2. Understand the <b>context of counselling</b> people with trauma	2.1. Illustrate the use and application of <b>counselling skills</b> for people experiencing trauma 2.2. Assess the use and <b>application of counselling</b> for people experiencing trauma
3. Understand ethical practice when working with people who are experiencing trauma	3.1. Review key challenges to ethical practice when working with people with trauma

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
4. Understand <b>risk management</b> in a counselling interaction	4.1. Assess potential key risks to the: (a) counsellor (b) client
5. Know about an <b>awareness of self</b> in relation to others in working with trauma	5.1. Identify ways in which self-awareness has developed in working with trauma

### Assessment

This unit is assessed by an internally set and assessed journal of up to 800 words per session.

### Indicative Content

#### Learning Outcome 1

##### 1.1 Trauma:

- history of trauma, to include the inclusion of PTSD into DSM manuals, and current definitions in DSM 5
- historical aspects also to focus on theory of Critical Incident Debriefing and current opinions in the field
- definitions of trauma, knowledge of the difference between Post traumatic stress and Post-traumatic stress disorder.

**1.2 Different types of traumatic disorders:** biological aspects of trauma, to include fight or flight responses, knowledge of neurological aspects of trauma. Potential and/or likely emotional, behavioural, physical and cognitive responses to trauma.

#### Learning Outcome 2

##### Context of counselling:

- broad knowledge of therapeutic approaches to counselling clients with trauma
- overview of Humanistic, Cognitive Behavioural and/or Psychodynamic approaches and belief systems in relation to trauma as a presenting issue
- in depth knowledge of chosen theoretical approach and position in relation to counselling clients with trauma
- acknowledgment of alternative theoretical approaches including EMDR, NLP.

##### 2.1 Counselling skills:

- appropriate and effective skills when working with clients with trauma
- appropriate skills to develop a working alliance

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- appropriate skills for building and maintaining the counselling relationship.

**2.2 Application of counselling:** knowledge of appropriate endings for clients with this presenting issue, knowledge of appropriate system for client referral and the potential dynamics surrounding this event.

### **Learning Outcome 4**

**Risk management:** Consideration should be given to ensure that health and safety issues of both client and counsellor when working with trauma. Specific focus should be placed on potential risks arising from this presenting issue and contracting should be discussed and present during skills practice.

### **Learning Outcome 5**

#### **Awareness of self:**

- consideration of self-care in relation to potential work in this area, to include information around vicarious trauma for the counsellor
- encouraging development of self-awareness in relation to trauma and individual growth.

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### **Reading List**

#### **Required Reading**

American Psychiatric Association (2013) **Diagnostic and Statistical Manual of Mental Disorders: DSM 5** (5th Ed.) Washington: APA.

Cozolino, L. (2002) **The Neuroscience of Psychotherapy**. London: Norton.

Hunt, N.C & McHale. (2010) **Understanding Traumatic Stress**. London: Sheldon Press.

Scott, M.J & Stradling, S.G. (2006) **Counselling for Post-Traumatic Stress Disorder**. (3rd Ed) London: Sage.

Spiers, T. (Ed) (2001) **Trauma: A Practitioners Guide to Counselling**. New York: Routledge.

Tolan, J & Wilkins P. (2012) **Client issues in Counselling and Psychotherapy**. London: Sage.

#### **Recommended Reading**

Joseph, S. (2011) **What Doesn't Kill Us: The new psychology of posttraumatic growth**. New York: Piatkus.

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Joseph, S. & Worsley, R (Eds) (2005) **Person Centred Psychopathology: A positive Psychology of Mental Health**. Ross on Wye: PCCS Books Ltd.

Sanderson, C. (2013) **Counselling skills for working with trauma**. London: Jessica Kingsley Press.

Scott, M.J. (2013) **CBT for Common Trauma Responses**. London Sage.

Skovholt, M. & Trotter Matthison, M. **The Resilient Practitioner: Burn out and Self-care strategies for Counsellors, Therapists, Teachers, and Health Professionals** (2nd Ed.) New York: Routledge.

EXPIRING