

# DISASTER AND TRAUMA PSYCHOLOGY

|           |   |  |  |
|-----------|---|--|--|
| <b>1</b>  | Course Title:   | DISASTER AND TRAUMA PSYCHOLOGY   |  |
| <b>2</b>  | Course Code:  | PSİ3090  |  |
| <b>3</b>  | Type of Course:   | Optional   |  |
| <b>4</b>  | Level of Course:  | First Cycle  |  |
| <b>5</b>  | Year of Study:  | 3  |  |
| <b>6</b>  | Semester:   | 6  |  |
| <b>7</b>  | ECTS Credits Allocated:                                 | 6.00   |  |
| <b>8</b>  | Theoretical (hour/week):                                | 3.00   |  |
| <b>9</b>  | Practice (hour/week):                                   | 0.00   |  |
| <b>10</b> | Laboratory (hour/week):                                 | 0  |  |
| <b>11</b> | Prerequisites:  | None   |  |
| <b>12</b> | Language:   | Turkish  |  |
| <b>13</b> | Mode of Delivery:                                       | Face to face   |  |
| <b>14</b> | Course Coordinator:                                     | Dr. Öğr. Üyesi BURCU KORKMAZ YAYIN   |  |
| <b>15</b> | Course Lecturers:                                       | Dr. Öğr. Üyesi Burcu Korkmaz Yayın   |  |
| <b>16</b> | Contact information of the Course Coordinator:          | <p>Dr. Öğr. Üyesi Burcu Korkmaz Yayın<br/> burcukorkmaz@uludag.edu.tr<br/> Ofis Numarası: 0224 275 50 89</p> <p>Bursa Uludağ Üniversitesi Fen-Edebiyat Fakültesi Psikoloji Bölümü<br/> Nilüfer/Bursa</p>   |  |
| <b>17</b> | Website:  |  |  |
| <b>18</b> | Objective of the Course:                                | To learn about natural disasters and human-made traumatic experiences, to define clinical features that occur after any traumatic events, to differentiate the symptoms of posttraumatic stress disorder, to learn about etiology of traumatic responses, to provide psychological first-aid after the natural disasters, to learn the treatment approaches. |  |
| <b>19</b> | Contribution of the Course to Professional Development: | To learn about experiences that can have traumatic effects and the reactions that can be given after these experiences; to recognize interventions for psychological symptoms associated with traumatic experiences.   |  |
| <b>20</b> | Learning Outcomes:                                      |  |  |
|           |   | <b>1</b>   | To define traumatic experiences.   |
|           |   | <b>2</b>   | To know the symptoms that occur after any traumatic event.                             |
|           |   | <b>3</b>   | To learn the types and the characteristics of individual and massive traumatic events. |
|           |   | <b>4</b>   | To get knowledge about the psychosocial interventions after the natural disasters.     |
|           |   | <b>5</b>   | To evaluate different theories in the trauma literature.                               |
|           |   | <b>6</b>   | To understand the approaches of the intervention to the post-traumatic disorders.      |
|           |   | <b>7</b>   |  |
|           |   | <b>8</b>   |  |
|           |   | <b>9</b>   |  |
|           |   | <b>10</b>  |  |
| <b>21</b> | Course Content:   |  |  |
|           |   | <b>Course Content:</b>   |  |

| Week   | Theoretical  | Practice   |        |
|--|--|--|--------|
| 1  | Introduction to the trauma psychology                    |  |        |
| 2  | Definition of trauma and PTSD                            |  |        |
| 3  | The Psychological History and the Etiology of Trauma (1) |  |        |
| 4  | The Psychological History and the Etiology of Trauma (2) |  |        |
| 5  | Types of Trauma - Natural Disasters (1)                  |  |        |
| 6  | Types of Trauma - Sexual Assault (2)                     |  |        |
| 7  | Types of Trauma - Wars and Other Traumas (3)             |  |        |
| 8  | Loss and Grief   |  |        |
| 9  | Post-Traumatic Growth                                    |  |        |
| 10   | Resilience   |  |        |
| 11   | The Fundamental Issues in Trauma Treatment               |  |        |
| 12   | Psychotherapeutic Intervention to PTSD (1)               |  |        |
| 13   | Psychotherapeutic Intervention to PTSD (2)               |  |        |
| 14   | PTSD in Children   |  |        |
| 22   | Textbooks, References and/or Other Materials:            | <p>- Van Der Kolk, B. A., McFarlane, A. C. ve Weisaeth, L. (2006). Traumatic stress: The effects of overwhelming experience on mind, body and society. NY: Guilford Press.</p> <p>- HERMAN, J. (çev. Tamer TOSUN) (2007). Travma ve İyileşme. İstanbul: Literatür Yayınları</p> <p>- Van der Kolk (Çev. Nurdan MARAL) (2019). Beden Kayıt Tutar: Travmanın İyileşmesinde Beyin, Zihin ve Beden. İstanbul: Nobel Yaşam.</p> <p>- Çeşitli güncel makaleler</p> |        |
| 23   | Assesment  |  |        |
| TERM LEARNING ACTIVITIES   |  | NUMBER   | WEIGHT |
| Midterm Exam   |  | 1  | 20.00  |
| Quiz   |  | 0  | 0.00   |
| Home work-project  |  | 1  | 20.00  |
| Final Exam   |  | 1  | 60.00  |
| Total  |  | 3  | 100.00 |
| Contribution of Term (Year) Learning Activities to Success Grade |  |  | 40.00  |
| Contribution of Final Exam to Success Grade                      |  |  | 60.00  |
| Total  |  |  | 100.00 |
| Measurement and Evaluation Techniques Used in the Course         |  | Exam and homework  |        |
| 24   | <b>ECTS / WORK LOAD TABLE</b>                            |  |        |

| Activites                  | Number | Duration (hour) | Total Work Load (hour) |
|----------------------------|--------|-----------------|------------------------|
| Theoretical                | 14     | 3.00            | 42.00                  |
| Practicals/Labs            | 0      | 0.00            | 0.00                   |
| Self study and preperation | 15     | 4.00            | 60.00                  |
| Homeworks                  | 1      | 25.00           | 25.00                  |
| Projects                   | 0      | 0.00            | 0.00                   |
| Field Studies              | 0      | 0.00            | 0.00                   |
| Midterm exams              | 1      | 25.00           | 25.00                  |
| Others                     | 0      | 0.00            | 0.00                   |
| Final Exams                | 1      | 30.00           | 30.00                  |
| Total Work Load            |        |                 | 182.00                 |
| Total work load/ 30 hr     |        |                 | 6.07                   |
| ECTS Credit of the Course  |        |                 | 6.00                   |

| 25   | CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS |     |     |              |     |     |                 |     |     |               |      |      |                    |      |      |      |
|--|---|-----|-----|--------------|-----|-----|-----------------|-----|-----|---------------|------|------|--------------------|------|------|------|
|  | PQ1   | PQ2 | PQ3 | PQ4          | PQ5 | PQ6 | PQ7             | PQ8 | PQ9 | PQ10          | PQ11 | PQ12 | PQ13               | PQ14 | PQ15 | PQ16 |
| ÖK1  | 0   | 0   | 0   | 0            | 0   | 0   | 0               | 0   | 3   | 0             | 0    | 0    | 0                  | 0    | 0    | 0    |
| ÖK2  | 0   | 3   | 0   | 0            | 0   | 0   | 0               | 0   | 0   | 0             | 0    | 0    | 0                  | 0    | 0    | 0    |
| ÖK3  | 0   | 0   | 0   | 0            | 0   | 0   | 0               | 0   | 2   | 0             | 0    | 0    | 0                  | 0    | 0    | 0    |
| ÖK4  | 0   | 0   | 0   | 0            | 0   | 0   | 4               | 3   | 0   | 3             | 0    | 0    | 0                  | 0    | 0    | 0    |
| ÖK5  | 2   | 3   | 0   | 0            | 0   | 0   | 0               | 0   | 4   | 0             | 0    | 0    | 0                  | 0    | 0    | 0    |
| ÖK6  | 0   | 0   | 0   | 0            | 0   | 0   | 2               | 0   | 0   | 3             | 0    | 0    | 0                  | 0    | 0    | 0    |
| <b>LO: Learning Objectives    PQ: Program Qualifications</b> |   |     |     |              |     |     |                 |     |     |               |      |      |                    |      |      |      |
| <b>Contribution Level:</b>                                   | <b>1 very low</b>   |     |     | <b>2 low</b> |     |     | <b>3 Medium</b> |     |     | <b>4 High</b> |      |      | <b>5 Very High</b> |      |      |      |