



The Islamia University of Bahawalpur
Department of Applied Psychology
Rahim Yar Khan Campus
Course Outline

Instructor: Hira Abbas Hashmi
Course Title: Trauma Psychology
Course Code: PSY-26303
Semester: III

Email: hira.hashmee10@gmail.com
Program: Msc
Credit Hours: 03
Session: (2018-2020)

I. Course Objectives:

- To make students learn the psychology & physiology of trauma
- To enhance therapeutic skills regarding services to trauma victims.

II. Course Outcome:

By the end of this course, students will learn basic differences in psychological disorders and physiological conditions as exposure to trauma. Students will introduce to various theoretical perspectives and relevant research on trauma and recovery process. Assessment with trauma victims and to make evidence-based interventions plan are mainly concerned with the course outcome.

III. Course Material:

a. Recommended Text book :

Ruglass, L., & Kandell-Tackett, K. (2014). Psychology of Trauma (1st ed.) Springer
Curran, L. (2013). Informed Trauma Intervention. Premiere Publ. & Media

b. Additional Web Resources

- Articles
- www.google.com

IV. Course Grading Criteria:

Mid Term Exam	30
Final Exam	50
Sessional Marks	20
Distribution of sessional marks as under:	
Quizzes (two sudden quizzes; one in each term)	05
Assignments	05
Presentation	05
Class participation and behavior	05
Total	100

Course Schedule:

Lectures	Topics	Chapters
01	Orientation to the subject.	
02	Introduction to Trauma Psychology	01
03-04	What is Psychological Trauma?	02
05-06	Post Traumatic Stress Disorder (PTSD)	03
07-08	Types of Traumatic Events	04
09-10	Conditions Associated with PTSD	05
11-12	Trauma & Health (physiological conditions)	
13-14	Trauma & Disaster	06
15-16	Impacts of Trauma in Child	
	Mid Term Exam	
01	Child Abuse	07
02-03	Theories of Child Abuse	
04	Domestic Violence	08
05-06	Why Trauma makes people sick?	
07-08	Assessment of PTSD and Related Issues	09
09-10	Assessment for Abused Children	
11-12	Therapeutic Techniques for Abused Children	10
13-14	Evidence-Based Treatment for Trauma, PTSD & Related Conditions	
15	Complementary & Alternative Treatments for PTSD	
16	Post traumatic Growth	11
	Final Term Exam	