

MFT 5356 - 110 CRN 80183 Combat Related Trauma

Fall 2022

Texas A&M University-Central Texas

COURSE DATES: **Aug 22, 2022 - Dec 09, 2022**

MODALITY and LOCATION: *This course meets face-to-face (Wednesday 6:00- 8:45pm) Warrior Hall 314.* supplemental materials made available online through the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

INSTRUCTOR AND CONTACT INFORMATION**Instructor: James Kelly Barnett, Ph.D. (adjunct faculty, no office)****Phone: (512) 948-9898****Email: JKBarnett@tamuct.edu**

Student-instructor interaction *Instructor will reply to emails within 48 hours during business days, exceptions include holidays, school closures, etc.*

WARRIOR SHIELD**Emergency Warning System for Texas A&M University-Central Texas**

Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by 911Cellular [<https://portal.publicsafetycloud.net/Account/Login>] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.

Course Overview and description:

Explore the unique characteristics and symptoms of grief, PTSD, and combat related trauma. Study systemic treatment options in order to help clients meet their treatment goals.

Course Objective or Goal this course will target the following Student Learning Outcomes within the MFT program:

1. Assess how contextual issues affect individual lives and relational dynamics. (SLO-3)
2. Formulate treatment plans based on individual issues, relational dynamics, and contextual issues (SLO-4)
3. Develop collaborative relationships with other mental health professionals and agencies within the local community (SLO-6)

Student Learning Outcomes Students will gain knowledge of:

1. Identify symptoms related to trauma experiences and PTSD (SLO 3)
2. Identify components and dynamics of grief and loss (SLO 3)
3. Understand the impact of trauma and grief on military families (SLO 3&4)
4. Gain knowledge of effective treatment interventions for trauma and grief (SLO 4)
5. Explore systemic community approaches to support military families' who experience trauma and grief (SLO 6)

Text Required

Moore, Bret and Penk, Walter Editors (2019) Treating PTSD in Military Personnel: A clinical Handbook. Second Edition. Guilford Press, New York.

Techniques of Grief Therapy: Assessment and Intervention (Series in Death, Dying, and Bereavement) 1st Edition by Robert A. Neimeyer (Editor) 1138905931

Text Recommended

Armstrong, Courtney. (2019). Rethinking Trauma Treatment: Attachment, Memory Reconciliation, and Resilience. Norton.

New Techniques of Grief Therapy (Series in Death, Dying, and Bereavement) 1st Edition by [Robert A. Neimeyer](#) (Editor, Series Editor), [Darcy L. Harris](#) (Series Editor)

978-0815352037

COURSE REQUIREMENTS

All assignments must be the students own work (see the academic integrity section). Do not copy directly from the text or research articles when completing assignments. Written work must follow the American Psychological Association (APA), 7th ed. publication guidelines. Assignment due dates are indicated on the Course Calendar.

Assignments:

1. **Class Participation:**(25 pts) Students are expected to be present for class. Class participation is vital to the learning experience. Participation points are based on students being present, on-time, prepared, visible, remaining for the entire class period and being actively engaged in the class activities. Examples of engagement in class includes but is not limited to answering questions, providing thoughtful input based on the course content and one's own experience, respectfully inquiring about the material or a fellow student's perspective, etc. Students will be responsible for reading the assigned materials in the textbook and any other resources provided by the instructor in Canvas before class.

Cooperative group learning experiences will be promoted throughout the course. The goals will focus on shared decision-making, individual and group responsibilities, and effective written and or communication skills. Students are expected to be professional and respectful during their participation in the course.

2. **Reflection Paper:**(75 pts) Students will write a 10–12 page scholarly reflection paper on their understanding of the impact of combat trauma and grief on individuals and their families and how therapists can best serve these families. The paper must be based on ONE evidence-based treatment model. The paper must follow APA 7th ed. publication guidelines and reference the course textbooks and scholarly journal articles published in the last 10 years that inform their understanding of the topic. (SLO1-5)

COURSE OUTLINE AND CALENDAR Aug 24 - Dec 9

Week 1 Welcome and Introduction to the course

Understanding Trauma, Besser van der Kolk (video)

Week 2 PTSD and Military Personnel Read BMK Ch 1

A Conversation with Frank Ochberg (video)

Week 3 PTSD Diagnosis Read BMK Ch 2

Week 4 Grief and Trauma Read GRIEF ch 1 and ch 4

Week 5 Grief continued Read GRIEF ch 12 and 13

Week 6 PTSD treatment Read BMK ch 10 and 11

Medications and Groups

Week 7 PTSD treatment Read BMK ch 46

Prolonged Exposure

Week 8 PTSD treatment Read BMK ch 5

EMDR

Week 9 PTSD treatment Read BMK ch 4

Cognitive Processing

Week 10 online

PTSD treatment Read BMK ch 6

Mindfulness

Week 11 PTSD treatment Read ch 8

Stress Inoculation Training

Week 12 Moral Injury Read BMK ch 21

Week 13 Post Traumatic Growth Read BMK 23

Week 14 Thanksgiving

Week 15 TBA online

Week 16 Final exam online

Reflection Paper Rubric

Criteria	Non-Performance – Adequate Performance	Proficient - Distinguished Performance
<i>Title Page/ Abstract</i> Author clearly identifies the subject of their paper.	0-7pts	8-10pts
In 250 words or less, present the key points made in each major section of the paper. (10 pts) <i>Overview of Trauma & Grief Experience</i> Author clearly identifies symptomology, common issues and challenges related to the impact of trauma and grief particularly as they effect military families and individuals who have been deployed. Demonstrates comprehensive and relevant knowledge. References appropriate number of scholarly sources. Most scholarly sources are primary sources and the textbooks. Sources help inform the reader about the topic.	0-14pts	15-20pts
(20 pts) <i>Discussion of effective therapeutic interventions</i> Author describes clearly and thoroughly relevant interventions, their purpose, and potential outcome for individuals and families. Demonstrated a	0-15pts	16-25pts

systemic perspective in their approach to interventions. References appropriate number of scholarly sources.

Most scholarly sources are primary sources. Sources help inform the reader about the topic. (25 pts)

Conclusion / Summary and Reference Section / Appendices Author clearly and concisely summarizes knowledge of impact of trauma and grief on military families and relevant systemic interventions. Reference page is included, accurate and formatted in APA style. (10pts) 0- 8-7pts 10pts

Writing Style, Grammar, Spelling & Organization Paper is clearly, logically, and concisely written in APA format. Page minimum was met.

Paper is written with little to no errors.

0- 8-7pts 10pts

Direct quotes of scholarly resources are rarely used within the paper. (10pts)

Important University Dates

See link for current University Calendar <https://www.tamuct.edu/registrar/academic-calendar.html>]

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements

This course will use the A&M-Central Texas Canvas learning management system. We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953. For issues related to course content and requirements, contact your instructor.

Online Proctored Testing and Other Technology Support

For log-in problems, students should contact Help Desk Central 24 hours a day, 7 days a week

Email: helpdesk@tamu.edu

Phone: (254) 519-5466

Web Chat: [<http://hdc.tamu.edu>]

Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy If you discover that you need to drop this class, you must complete the Drop Request Dynamic Form through Warrior Web.

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in. [<https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2FSubmit%2FForm%2FStart%2F53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Academic Integrity

Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student's academic performance and includes, but is not limited to, working with others in an unauthorized manner, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student's work, collusion, and the abuse of resource materials. All academic misconduct concerns will be referred to the university's Office of Student Conduct. Ignorance of the university's standards and expectations is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more information regarding the Student Conduct process, [<https://www.tamuct.edu/student-affairs/student-conduct.html>].

If you know of potential honor violations by other students, you may submit a report, [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information please visit our Access & Inclusion Canvas page (log-in required) [<https://tamuct.instructure.com/courses/717>]

Important information for Pregnant and/or Parenting Students

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit Student Affairs [<https://www.tamuct.edu/student-affairs/index.html>]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these requirements and guidelines online, please visit the website [<http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf>].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation

to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

Tutoring

Tutoring is available to all A&M-Central Texas students, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing studentsuccess@tamuct.edu.

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

University Writing Center

The University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free service open to all TAMUCT students. For the Spring 2021 semester, all services will be online as a result of the COVID-19 pandemic. The hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday with satellite hours Monday thru Thursday from 6:00-9:00 p.m. The UWC is also offering hours from 12:00-3:00 p.m. on Saturdays.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via WOnline [<https://tamuct.mywconline.com/>]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC and/or need any assistance with scheduling.

University Library

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 85,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place on Skype or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our Library website [<http://tamuct.libguides.com/index>].

OPTIONAL POLICY STATEMENTS

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the Title IX webpage [<https://www.tamuct.edu/compliance/titleix.html>].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the referral online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the Behavioral Intervention Team website for more information [<https://www.tamuct.edu/student-affairs/bat.html>]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

OTHER POLICIES

Copyright Notice

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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