

## PTSD Curriculum (Updated 07/25/12)

### Textbooks:

*Effective Treatment for PTSD: Practice from International Society for Traumatic Stress Studies*. 2<sup>nd</sup> edition. Edited by: Foa, Edna; Keane, Terence; Friedman, Matthew; Cohen, Judith. Guilford Press, 2009.

*The Costs of Courage: Combat Stress, Warriors, and Family Survival*. Pryce, Josephine G.; Pryce, Col. David; and Shackelford, Kimberly. Lyceum Press, 2012.

Note – 9 hours per week

**Define** – This curriculum is to educate professionals of PTSD and the effects on the patient, family and social environment. Throughout the process students and professionals will learn to define, assess and treat PTSD and TBI.

**Knowledge** – Students to acquire knowledge of PTSD, Military culture, Family roles, and intergration back in to “civilian life”

**Value** – To provide knowledge to professional social workers to work with Veterans, families, and PTSD to assist military men and women returning from war

**Skills** – a basic knowledge of skills to work with the veterans and families to process the effects of PTSD and adaptive skills.

### **DESCRIPTION**

Theoretical and practical approaches to clinical practice with military families. Overview of common social issues in the military system and demands on the family dynamic upon return and PTSD diagnosis.

### **COURSE DESCRIPTION**

The purpose of this course is to understand the military culture within which military families function, the stressors such as deployment that they navigate, and the diversity of military family structures and how a range of diversity filters can impact the military family and military culture. The different military contexts (i.e., active duty, guard/reserve, veteran) are explored. Ethical issues for working in this environment are considered. Theory-based and research-informed strategies to intervene with military families are reviewed. Military family policies are examined and critiqued. Students completing this course will have a more in-depth understanding of and ability to work with the military and the military families that are a vital part of society.

## **COURSE OBJECTIVES**

**The Practice and application of theory with the Military Family and PTSD: Objective # Objectives**

**1 Provide students with an understanding of the military culture and how military families cope with and thrive within the military.**

**2 Challenge the student to consider ethical dilemmas, diversity issues, and the many stressors inherent in the military, when striving to intervene with military families.**

**3 Explore theories and research-informed intervention strategies and have the student assess and develop intervention goals with case studies.**

**Achievement of meeting above goals will be measured by test and scenarios evaluations in the intensive face-to-face classes.**

## **COURSE FORMAT / INSTRUCTIONAL METHODS**

**The instructional methods used in this class will be classroom discussion, student presentations on key**

**topics, in-class critical thinking exercises, use of videotapes and a case-based final exam. This class will also be web-enhanced using Eclass.**

## **Week 1** (Online)

PTSD overview link: <http://www.ptsd.va.gov/professional/ptsd101/flash-files/ptsd/Player/launchPlayer.html?courseID=1477&courseCode=PTSD101-02#>

Types of Trauma Link: <http://www.ptsd.va.gov/professional/pages/types-of-trauma.asp>

Treating Specific Groups Link: <http://www.ptsd.va.gov/professional/pages/fslist-treatment-specific-pop.asp>

TBI Link: <http://www.ptsd.va.gov/professional/ptsd101/flash-files/TBI/player.html>

Read *The Costs of Courage: Combat Stress, Warriors, and Family Survival*. Chapter 3 Combat-Stress Injuries.

## **Week 2** (Online)

Treatments for PTSD

Article Analysis Paper “Treatments for PTSD: Understanding the Evidence”

Different types of treatment plans Read *Effective Treatment for PTSD 2<sup>nd</sup> Edition* pages 139-212, page 279-326; pages 458-478; pages 549-558; pages 563-567; pages 573-579

CBT

Imagery/Exposure Therapy

Desensitization

Group

Pharmaceutical

Animal Therapy

CPT – Cognitive Processing Therapy

EMDR – Eye Movement Desensitization and Reprocessing

Pick 2 treatments then compare and contrast. Explain your choices

## **Week 3** (Online)

<http://web.ebscohost.com.ezproxy.southern.edu:2048/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisk5Ie46e177eLqRuvX54as2%2baH8eq%2bS62otEewpq9KnqevUq6ouEqvls5lpO>

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Article Analysis Paper: Choose one

Read article “[Mental Health Consequences of Psychosocial Resource Loss Resulting from the Terrorist Attacks on September 11, 2001.](http://web.ebscohost.com.ezproxy.southern.edu:2048/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisfk5Ie46e177eLqRuvX54as2%2baH8eq%2bS62otEewpq9KnqevUq6ouEqvls5lpOrweezp33vy3%2b2G59q7ULeqsk2up7Q%2b6tfsf7vb7D7i2LuL596kjN%2fdulnMnN%2bGu6myT7KnsEm0nOSH8OPfjLvc84Tq6uOQ8gAA&hid=108)”

<http://web.ebscohost.com.ezproxy.southern.edu:2048/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisfk5Ie46e177eLqRuvX54as2%2baH8eq%2bS62otEewpq9KnqevUq6ouEqvls5lpOrweezp33vy3%2b2G59q7ULeqsk2up7Q%2b6tfsf7vb7D7i2LuL596kjN%2fdulnMnN%2bGu6myT7KnsEm0nOSH8OPfjLvc84Tq6uOQ8gAA&hid=108>

#### **Week 4**(Online)

Understanding Military Culture When Treating PTSD:

[http://www.ptsd.va.gov/professional/ptsd101/flash-files/Military\\_Culture/player.html](http://www.ptsd.va.gov/professional/ptsd101/flash-files/Military_Culture/player.html)

#### **Online free training**

<http://mghcme.org/S=ec5b399cb4a81ae8d3d3272379819594aafc0bc2/>

Social Workers Role - Read *The Costs of Courage: Combat Stress, Warriors, and Family Survival*. Chapter 9 119-144.

#### **Week 5** (Intensive)

Guest Speakers –Chuck Ayars

Guest Speaker – Terry Robertson

Read *The Costs of Courage: Combat Stress, Warriors, and Family Survival*. Chapter 8 101-114

What makes combat-related PTSD different from other forms of PTSD (civilian) in terms of symptoms and treatment success?

What are some obstacles for treatment for combat-related PTSD? (i.e. stigma, career, warrior mentality, etc.)

Viewing the sources of PTSD from both the biological/physiological aspect and the cognitive aspect. Does this affect choice of treatment?

#### **Week 6** (Intensive)

Scenarios and practice clinical skills

Videos – PTSD and TBI

What are the best treatment modalities?

Refer to week 2 online readings – EMDR, CBT, Imagery/Exposure Therapy, Desensitization, Group, Pharmaceutical, Animal Therapy, CPT

**Discussion:** Social Workers Role - Read *The Costs of Courage: Combat Stress, Warriors, and Family Survival*. Chapter 9 119-144.