



COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
Posttraumatic Society	

Lecturer(s)	Department(s) where the course unit (module) is delivered
Coordinator: prof. dr. Evaldas Kazlauskas Other(s): Dr. Paulina Želvienė, dokt. Ieva Daniūnaitė, dokt. Monika Kvedaraitė	Center for Psychotraumatology, Institute of Psychology, Vilnius university

Study cycle	Type of the course unit (module)
Bachelor	Optional

Mode of delivery	Period when the course unit (module) is delivered	Language(s) of instruction
Lectures and seminars	Autumn, Spring	English

Requirements for students	
Prerequisites: -	Additional requirements (if any): -

Course (module) volume in credits	Total student's workload	Contact hours	Self-study hours
5 ECTS	135	32	103

Purpose of the course unit (module): programme competences to be developed		
<p>The course will focus on psychological trauma and its impact on individuals, groups and society. Students will be introduced to current traumatic stress research and theories. During the course students will explore historical and autobiographical accounts on trauma. As the result of the course students will be familiar with normal and abnormal reactions to traumatic events, short-term and long-term consequences of traumatic events, risk and protective factors of post-traumatic stress disorder, and psychosocial support after traumatic events. After completion of the course students will be able to integrate basic psychotraumatology knowledge into their professional and personal life.</p>		
Learning outcomes of the course unit (module)	Teaching and learning methods	Assessment methods
After completing the course, students will understand psychological reactions of person, group and society to traumatic events, based on research findings and the main theories of psychotraumatology.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.
After completing this course, students will understand the needs of trauma survivors, and basic principles of care for trauma survivors.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.
After completing this course, students will be able to present, discuss and analyze psychological effects of trauma on individual and society, and will understand the application of this knowledge in professional and personal life.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.

Content: breakdown of the topics	Contact hours	Self-study work: time and assignments

	Lectures	Tutorials	Seminars	Exercises	Laboratory work	Internship/work placement	Contact hours	Self-study hours	Assignments
1. Introduction to psychotraumatology, the main concepts.	4						4	0	-
2. The history of psychotraumatology. Trauma research context in the Baltic countries.			2				2	6	Readings selected and recommended by the course lector.
3. Psychological effects of trauma. Definition of stress-related disorders.			4				4	12	Readings selected and recommended by the course lector.
4. Effects of prolonged traumatization and complex trauma.			4				4	12	Readings selected and recommended by the course lector.
5. Consequences of mass trauma and the effects of intergenerational trauma.			4				4	12	Readings selected and recommended by the course lector.
6. Psychological theories of posttraumatic stress.			2				2	6	Readings selected and recommended by the course lector.
7. Posttraumatic growth and psychological resilience. Risk and protective factors after trauma.			2				2	6	Readings selected and recommended by the course lector.
8. Psychosocial support for trauma survivors. Basic principles of trauma care and treatment in psychotraumatology.			2				2	6	Readings selected and recommended by the course lector.
9. Diversity of reactions to various traumatic events.			8				8	43	Readings, chosen by student and recommended by lector. Preparation of presentation and essay on chosen topic.
Total	4		28				32	103	

Assessment strategy	Weight, %	Deadline	Assessment criteria
Written essay and presentation	50	End of semester, before the exam.	Students prepare an essay on a chosen topic from psychotraumatology field. The topic of the essay is agreed with the course lector in the beginning of the course. The topic is the same as the topic of the oral presentation, made in the seminar. Essay is evaluated on a 10-point scale, where 10 represent that student is able to describe and analyze the chosen question of psychotraumatology excellently and use scientific literature for his/her work. Students have to prepare a presentation of their written essay. It is obligatory to write an essay and to present it in class to be eligible to take an exam.
Written exam	50	End of semester.	Situations of traumatic events and survivors' reactions are presented. Questions, connected to the situations, are given. To answer questions students must apply knowledge gained during the course at lectures, seminars and readings. Exam is evaluated on a 10-point scale, where 10 represent that student is able to understand main topics of psychotraumatology field and can apply its knowledge to the practical situations excellently.

Readings

1. Brewin, C. R., & Holmes, E. A. (2003). Psychological theories of posttraumatic stress disorder. *Clinical Psychology Review*, 23(3), 339–376. [http://doi.org/10.1016/S0272-7358\(03\)00033-3](http://doi.org/10.1016/S0272-7358(03)00033-3)
2. Cloitre, M., Stolbach, B. C., Herman, J. L., Kolk, B. V. D., Pynoos, R., Wang, J., & Petkova, E. (2009). A developmental approach to complex PTSD: Childhood and adult cumulative trauma as predictors of symptom complexity. *Journal of traumatic stress*, 22(5), 399-408.
3. Gersons B., Smid, G., Smit, A., Kazlauskas, E., & McFarlane, A. (2020). Can ‘second disaster’ during and after COVID-19 pandemic be mitigated? *European Journal of Psychotraumatology*, 11(1), 1815283
4. Kazlauskas, E. (2017). Challenges for providing health care in traumatized populations: barriers for PTSD treatments and the need for new developments. *Global health action*, 10(1), 1322399.
5. Kazlauskas, E., Gailiene, D., Vaskeliene, I., & Skeryte-Kazlauskiene, M. (2017). Intergenerational transmission of resilience? Sense of coherence is associated between Lithuanian survivors of political violence and their adult offspring. *Frontiers in psychology*, 8, 1677.
6. Maercker, A., Brewin, C. R., Bryant, R. A., Cloitre, M., Van Ommeren, M., Jones, L. M., ... Reed, G. M. (2013). Diagnosis and classification of disorders specifically associated with stress: Proposals for ICD-11. *World Psychiatry*, 12(3), 198–206. <http://doi.org/10.1002/wps.20057>
7. Nijdam, M. J., Gersons, B. P., Reitsma, J. B., de Jongh, A., & Olf, M. (2012). Brief eclectic psychotherapy v. eye movement desensitisation and reprocessing therapy for post-traumatic stress disorder: randomised controlled trial. *The British Journal of Psychiatry*, 200(3), 224-231.
8. Tedeschi, R. G., & Calhoun, L. C. (2004). Posttraumatic growth: Conceptual foundations and empirical evidence. *Psychological Inquiry*, 15(1), 1–18. <http://doi.org/10.1207/s15327965pli1501>
9. Weisæth, L. (2002). The European history of psychotraumatology. *Journal of Traumatic Stress*, 15(6), 443–452. <http://doi.org/10.1023/A:1020909620364>
10. Zelviene, P., Daniunaite, I., Hafstad, G. S., Thoresen, S., Truskauskaite-Kuneviciene, I., & Kazlauskas, E. (2020). Patterns of abuse and effects on psychosocial functioning in Lithuanian adolescents: a latent class analysis approach. *Child Abuse & Neglect*, 108, 104684.
11. Zelviene, P., Kazlauskas, E., & Maercker, A. (2020). Risk factors of ICD-11 adjustment disorder in the Lithuanian general population exposed to life stressors. *European Journal of Psychotraumatology*, 11(1), 1708617.
12. Kazlauskas, E. (2020). *Trauma-Focused Psychotherapy Research: A Study of the Brief Eclectic Psychotherapy for PTSD Outcomes*. SAGE Publications Ltd.