# Specialist Module with Workshop: Techniques for Intervention in Traumatic Situations

## Prof. Vittoria Ardino

COURSE AIMS AND INTENDED LEARNING OUTCOMES

The course explores the processes and models of intervention and treatment of psychological trauma, both from an individual and an organisational point of view. Students will learn the principles of the trauma-informed care paradigm and a public health perspective through reading the consequences of traumatic events. The proposed integrated model follows international guidelines and takes into account the importance of continuity in the “psychosocial intervention – early intervention – long-term intervention”. Particular emphasis will be placed on the screening and assessment phases, as a guide to treatment and clinical reasoning on the therapeutic alliance in the consolidation of emotional regulation, compromised in trauma survivors. Students will have the opportunity to familiarise themselves with evidence-based treatment protocols and reflect on the integration of different therapeutic models by distinguishing between useful clinical strategies for “simple” traumas, complex traumas and attachment traumas in the life cycle. At the end of the course, students will have acquired a critical grasp of the complexity of psychological trauma and its care, demonstrating the ability to integrate the aspects of prevention and treatment with the phases of the post-traumatic clinical course and the reworking of trauma-oriented principles applied to the social-health and school system.

COURSE CONTENT

The meetings will follow the phases needed for the implementation of trauma-oriented principles and the "psychosocial intervention – early intervention – long-term intervention" model, seeking to integrate at each phase the explorative diagnostic tools and the appropriate intervention plans. Organisational scenarios, case examples and group reflections will be presented.

Specifically, the course is divided into the following units and sub-units:

* *Unit 1*: Summary of the definition of psychological trauma and trauma-related syndromes over the course of life and an introduction to the principles of trauma-informed care.
* "Simple" traumas; "complex" traumas; attachment traumas;
* The paradigm of Childhood Unfavourable Experiences and the public health approach to trauma;
* Post-traumatic Syndromes and Developmental Trauma Disorder;
* The origins of the Trauma-Informed Care paradigm.
* *Unit 2*: Early interception of trauma signals and short and/or emotional stabilisation interventions. The role of the psychologist in non-clinical contexts in initiating the screening process and monitoring any post-traumatic evolution.
* The trauma-oriented approach in traumatisation interception;
* The individual and organisational screening process;
* Emotional stabilisation interventions and monitoring in non-clinical contexts;
* Diagnostic evaluation, differential diagnosis and clinical intervention plan.
* *Unit 3*: Trauma-focal therapies and the phased model (stabilisation, traumatic memory processing, integration). An integrated view of care and the interpretation of international guidelines on treatment for children, adolescents and adults. Reflections on the role of the clinician as an emotional co-regulator.
* evidence-based protocols: NET; BEPP; CPT, EMDR;
* the three-phase model and the module model;
* Bottom-up therapies: trauma-sensitive mindfulness and yoga, sensory-motor therapy, somatic experiencing;
* Therapies with psychodynamic and systemic orientation: Interpersonal Therapy for PTSD, AEDP, Trauma Systems Therapy;
* The ARC (Attachment, Regulation, Competence) model.

READING LIST

V. Ardino, (in press). *Il trauma psicologico*. Carocci Editore.

M. Blaustein, (in press). *Il trauma nello sviluppo*. Carocci Editore.

The reading list will be supplemented with a handout of scientific articles available before the start of the course.

TEACHING METHOD

Presentation and discussion of clinical examples, group exercises, presentation of illustrative films.

ASSESSMENT METHOD AND CRITERIA

The overall course assessment is divided into two interim tests and a final exam:

1. A critical group review of an explanatory scenario from the first course unit (25% of the final mark);
2. The individual construction of an intervention plan related to the topics explored in the second course unit (25% of the final mark);
3. The exam will be written and will focus on the discussion of a clinical case or care scenario according to the topics discussed during the course (50% of the final mark).

The student may request an in-depth and supplementary oral test to be carried out in accordance with the procedures established by the Commission.

NOTES AND PREREQUISITES

The course has no content prerequisites except for an interest in psychotraumatology. A predisposition to engage in group work and interactive methods is required, as these are fundamental prerequisites for this course structure.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.