

## Outline: trauma one

Through a combination of lectures, discussion of suggested readings, online video presentations, and in-person practice the course covers a range of relevant topics including the following:

- definitions of **attachment**:
  - needs and desires
  - relationship styles
- definition of **trauma**:
  - general terminology
  - complex/developmental
- definition of the **Pleasure Process**
  - a new formulation of human development process
- discussion of impact of traumatic experience:
  - Physiological
  - Emotional
  - Psychological
  - Social and interpersonal
- potential presentations and impact of trauma effects in sessions:
  - over-dependence and loss of agency
  - Avoidance, suspicion, and armouring
  - dissociation
- safe containment:
  - self-regulation
  - client-centred pacing
- education on physical and physiological effects of trauma in order to build:
  - safety
  - capacity for pleasure
  - person-centred learning
- Discussion of the impact of trauma in student's life