

## **Understanding Trauma: A Guide to Coping**

### **Course Description**

This course is intended to help individuals who have either experienced trauma or simply wish to understand how to help someone else with emotional pain. The course is interactive, with open discussions, case studies, and hand-outs for the participants. Ice-breakers are done at the start of each session and end with a relaxation exercise. Course content includes Self-awareness, Emotional intelligence, Defense Mechanisms, The Definition of Trauma, Elements of trauma, characteristics, and types of trauma, and PTSD. Listening skills, stress, neurobiology of stress and trauma, symptoms and the normalization thereof, coping strategies, and tools for healing all form part of this comprehensive course.

### **Weekly Layout:**

Introduction to the Trauma Course, ice-breaker exercise, self-awareness, self-esteem, emotional intelligence, relaxation. and breathing.

What is trauma? Definition, elements, discussion, case study, characteristics of trauma.

Symptoms of trauma, case study, discussion, difference between stress and trauma.

Continue symptoms of trauma, PTSD, case study, discussion, relaxation.

Neurobiology of stress and trauma, relaxation and breathing exercise.