

Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.

COURSE SYLLABUS

CRIS 304

PTSD AND COMBAT-RELATED TRAUMA

COURSE DESCRIPTION

An examination and analysis of the causes, symptoms and treatments of PTSD and Combat-related PTSD, taking into account the latest research in the field and examining the affective, behavioral, cognitive and spiritual challenges faced by survivors.

RATIONALE

More than half of all Americans experience traumatic stress and may develop Post Traumatic Stress Disorder (PTSD). In certain groups, (first responders, military, rape and violent crime victims, etc.) exposure and contraction rates are much higher. The Pentagon recently stated that at least 30% of returning troops from Iraq and Afghanistan suffer from Combat-related PTSD. Professional counselors and pastors will face the challenge of counseling and assisting individuals and families affected by PTSD at an ever-increasing rate. Due to the nature of the disorder, specific knowledge is needed to assist clients and parishioners in this area.

I. PREREQUISITE

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

II. REQUIRED RESOURCE PURCHASE

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

III. ADDITIONAL MATERIALS FOR LEARNING

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Blackboard [recommended browsers](#)
- D. Microsoft Office

IV. MEASURABLE LEARNING OUTCOMES

Upon successful completion of this course, the student will be able to:

- A. Explain the nature of Posttraumatic Stress Disorder (PTSD) and the effects on the body, mind, emotions, and spiritual dimension of the individual.
- B. Explain the nature of Combat-related Posttraumatic Stress Disorder and the effects on the body, mind, emotions, and spiritual dimension of the individual.

- C. Compare and contrast various types of treatment for PTSD/Combat-related PTSD.
- D. Examine, discuss, and integrate all issues, theories, assumptions, materials, etc., presented in the course in accord with current scholarly standards and practices.
- E. Examine, discuss, and integrate all issues, theories, assumptions, materials, etc., presented in the course through the lens of Scripture.
- F. Analyze and apply the components of comprehensive trauma assessment, considering the differential impact trauma has on individuals, families, groups, and communities.

V. COURSE REQUIREMENTS AND ASSIGNMENTS

- A. Textbook reading and lecture presentations

- B. Course Requirements Checklist

After reading the Course Syllabus and [Student Expectations](#), the student will complete the related checklist found in Module/Week 1.

- C. Discussion Board Forums (6)

Discussion boards are a collaborative learning experience. The Discussion Board is the online version of classroom discussion. Each Discussion Board has two parts. (1.) Each student will start a thread with an original post on the assigned topic of the week. Each student must use APA style citations from various sources (textbooks, articles, etc.) to validate their writing. (2.) Each student must post a reply to another student's thread, using etiquette, as outlined in the syllabus. Posting in reply to a comment to your thread does not count as a reply.

- D. Seven Principles of Healing

The student will complete a form that will describe how the 7 principles (found in Chapter 5 of the Schiraldi textbook) integrate into the student's healing process.

- E. Bridges to Healing (6 assignments)

While this course has in the title "military" trauma is a universal experience. I know from doing this course for many years that countless of you in the class have experienced significant loss/trauma. This class offers the participant the opportunity to not only engage material important for helping others in the future but potentially of helping you now.

We are going to do 6 assignments throughout the term working through components of *Bridges to Healing* in the Adsit manual. The readings are powerful and life-changing. I will list the specific pages for each component but I suggest reading each section completely. While you can engage this information intellectually and do fine in the class please, prayerfully, ask God to make it personal in the relevant areas of your life. The use of the steps we will work through can bring levels of understanding and healing to your life if you interact with it honestly. When you help others your effort now will pay extraordinary dividends

There are 6 different assignments throughout the term. You will see the assignments in the Schedule. As always let me know if struggles develop. It would be ideal if you can process this with someone as you do it. We are designed for relationships and need them to grow. This is a great component of the class so please take maximum advantage.

F. Research Paper

Utilizing information presented in your texts as well as theoretical and practical elements from academic and Christian sources, compile an original paper of from 6 to 8 pages of body text, in APA style, which summarizes your understanding of PTSD and spirituality in general, or PTSD and spirituality shown in relationship to some major aspect. Address factors necessary for successfully coping with the effects of PTSD, and spiritual and professional approaches to treatment. A minimum of 10 scholarly sources (books and journal articles) is required in addition to your textbooks (if you choose to cite these). Grades will be assigned based on quality of content, how well APA guidelines are adhered to, the richness of citations utilized, quality of expression, and biblical integration presented.

III. COURSE GRADING AND POLICIES

A. Points

Course Requirements Checklist	10
Discussion Board Forums (6 at 50 pts ea)	300
Seven Principles of Healing	100
Research Paper	300
Bridges to Healing (6 at 50 pts ea)	300
Total	1010

B. Scale

A = 900–1010 B = 800–899 C = 700–799 D = 600–699 F = 0–599

C. Course Disclaimer: Students enrolling in CRIS 304 should be aware of the sensitive nature of the content related to trauma and crisis covered in this course. If they have recently gone through a trauma or are currently seeking counseling around issues of trauma and crisis, it is recommended they consider this disclaimer prior to committing to the course.

D. Dual Relationship

The faculty is responsible to interact with counseling students in a supervisory capacity/role. As such, faculty may provide students professional principles, guidance, and recommendations as it relates to the context of the student-client setting. The faculty is responsible to avoid dual relationships with students such as entering a student-counselor or student-pastor relationship. Thus, the faculty does not provide personal counseling addressing student personal problems. If a faculty member perceives that a student is in need of personal or professional counseling, then that faculty member will recommend that the student pursue either pastoral or professional assistance from a counselor in their community.

E. Limits of Confidentiality

In the event of a student's disclosure, either verbally or in writing, of threat of serious or foreseeable harm to self or others, abuse or neglect of a minor, elderly or disabled person, or current involvement in criminal activity, the faculty, staff, administrator, or supervisor will take immediate action. This action may include, but is not limited to, immediate notification of appropriate state law enforcement or social services personnel, emergency contacts, and notification of the appropriate program chair or online dean. The incident and action taken will become part of the student's permanent record.

F. Disability Assistance

Students with a documented disability may contact LU Online's Office of Disability Accommodation Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.

If you have a complaint related to disability discrimination or an accommodation that was not provided, you may contact ODAS or the Office of Equity and Compliance by phone at (434) 592-4999 or by email at equityandcompliance@liberty.edu. Click to see a full copy of Liberty's [Discrimination, Harassment, and Sexual Misconduct Policy](#) or the [Student Disability Grievance Policy and Procedures](#)

COURSE SCHEDULE

CRIS 304

Textbooks: Adsit, *The Combat Trauma Healing Manual* (2008).

Schiraldi, *The Post-Traumatic Stress Disorder Sourcebook* (2016).

MODULE/ WEEK	READING & STUDY	ASSIGNMENTS	POINTS
1	Schiraldi: chs. 1–3 1 presentation	Course Requirements Checklist Class Introductions Discussion Board DB Forum 1	10 0 50
2	Schiraldi: chs. 4–7 Adsit: Step 3a and Step 4 1 presentation	Seven Principles of Healing Bridges To Healing #1	100 50
3	Schiraldi: chs. 8–16 Adsit: Step 3a and Step 4 1 presentation	DB Forum 2 Bridges To Healing #2	50 50
4	Schiraldi: chs. 17–26 Adsit: Step 5 1 presentation	DB Forum 3 Bridges To Healing #3	50 50
5	Schiraldi: chs. 27–35 Adsit: Step 6a and 6b 1 presentation	DB Forum 4 Bridges To Healing #4	50 50
6	Schiraldi: chs. 36–44 1 presentation	Research Paper	300
7	Adsit: Step 9 1 presentations	DB Forum 5 Bridges To Healing #5	50 50
8	Adsit: Step 8 and Step 10 1 presentations	DB Forum 6 Bridges To Healing #6	50 50
TOTAL			1010

DB = Discussion Board

NOTE: Each course week (except week 1) begins on Tuesday morning at 12:00 a.m. (ET) and ends on Monday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday.