**Document N: Course and Program Development:**  
**IMPACT AND APPROVAL SIGNATURES**

See Course and Program Development Policy and Procedures (www.ubalt.edu/provost) for instructions.

**SCHOOL:**
- LAW
- MSB
- CAS
- CPA

**CONTACT NAME:** Elaine  
**PHONE:** Johnson

**DEPARTMENT/DIVISION:** Applied Behavioral Sciences  
**DATE PREPARED:** 10/7/11  
**YEAR:** 2012

**PROPOSED SEMESTER OF IMPLEMENTATION:**
- fall
- spring

**TYPE OF ACTION:**
- add (new)
- deactivate
- modify
- other

**LEVEL OF ACTION:**
- noncredit
- undergraduate
- graduate
- other

**ACTION BEING REQUESTED** (select one category, either Course Actions or Program Actions):

**COURSE ACTIONS**

<table>
<thead>
<tr>
<th>Original Subject Code/Course Number:</th>
<th>APPL 662</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original Course Title:</td>
<td>Treatment of Trauma</td>
</tr>
</tbody>
</table>

Select one or multiple actions from one of the lists below (review the list of necessary documents and signatures):

<table>
<thead>
<tr>
<th>COURSE ACTIONS</th>
<th>PROGRAM ACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Experimental Course</td>
<td>10. Program Requirements</td>
</tr>
<tr>
<td>2. Course Title</td>
<td>11a. Undergraduate Specialization (24 credits or fewer)</td>
</tr>
<tr>
<td>3. Course Credits</td>
<td>11b. Master's Specialization (12 credits or fewer)</td>
</tr>
<tr>
<td>4. Course Number</td>
<td>11c. Doctoral Specialization (18 credits or fewer)</td>
</tr>
<tr>
<td>5. Course Level</td>
<td>12. Minor (add or delete)</td>
</tr>
<tr>
<td>6. Pre- and Co-Requisite</td>
<td>13. Closed Site Program</td>
</tr>
<tr>
<td>7. Course Description</td>
<td>14. Program Suspension</td>
</tr>
<tr>
<td>8. New Course</td>
<td>15. Program Reactivation</td>
</tr>
<tr>
<td>9. Deactivate Course</td>
<td>16a. Certificate Program (UG/G) exclusively within existing degree program</td>
</tr>
<tr>
<td>22. Other</td>
<td>16b. Certificate Program (UG/G) outside of or across degree programs (12 or more credits)</td>
</tr>
<tr>
<td></td>
<td>17. Off-Campus Delivery of Existing Programs</td>
</tr>
<tr>
<td></td>
<td>18a. Undergraduate Concentration (exceeds 24 credits)</td>
</tr>
<tr>
<td></td>
<td>18b. Master’s Concentration (exceeds 12 credits)</td>
</tr>
<tr>
<td></td>
<td>18c. Doctoral Concentration (exceeds 18 credits)</td>
</tr>
<tr>
<td></td>
<td>19. Program Title Change</td>
</tr>
<tr>
<td></td>
<td>20. Program Termination</td>
</tr>
<tr>
<td></td>
<td>21. New Degree Program</td>
</tr>
<tr>
<td></td>
<td>22. Other</td>
</tr>
</tbody>
</table>

**ADDITIONAL DOCUMENTATION** (check all appropriate boxes of documents included; review the list of necessary documents):

- summary proposal (O)
- course definition document (P)
- full five-page MHEC proposal (Q)
- financial tables (MHEC) (R)
- other documents as may be required by MHEC/USM (S)
- other (T)
**IMPACT REVIEW** (review the list of necessary signatures):

<table>
<thead>
<tr>
<th>Impacted Entity</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Library</td>
<td></td>
<td></td>
</tr>
<tr>
<td>no impact</td>
<td></td>
<td></td>
</tr>
<tr>
<td>impact statement attached</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. OTS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>no impact</td>
<td></td>
<td></td>
</tr>
<tr>
<td>impact statement attached</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. University Relations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>no impact</td>
<td></td>
<td></td>
</tr>
<tr>
<td>impact statement attached</td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. Admissions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>no impact</td>
<td></td>
<td></td>
</tr>
<tr>
<td>impact statement attached</td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. Records</td>
<td></td>
<td></td>
</tr>
<tr>
<td>no impact</td>
<td></td>
<td></td>
</tr>
<tr>
<td>impact statement attached</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**APPROVAL SEQUENCE** (review the list of necessary signatures):

<table>
<thead>
<tr>
<th>Approval Level</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Department/Division (Chair)</td>
<td>Deborah Kohl</td>
<td>11-14-1</td>
</tr>
<tr>
<td>B. General Education (for No. 7, 8)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C. Final Faculty Review Body Within Each School (Chair)</td>
<td>Kathy Summers</td>
<td>11/13/11</td>
</tr>
<tr>
<td>D. Dean</td>
<td></td>
<td>11/28/11</td>
</tr>
<tr>
<td>E. University Faculty Senate (Chair)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>F. University Council (Chair)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>G. Provost and Senior Vice President for Academic Affairs</td>
<td>Beverly Schneller</td>
<td>12/05/11</td>
</tr>
<tr>
<td>H. President</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I. Board of Regents (notification only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>J. Board of Regents (approval)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>K. MHEC (notification only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>L. MHEC (approval)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>M. Middle States Association notification</td>
<td>Required only if the University's mission is changed by the action</td>
<td></td>
</tr>
</tbody>
</table>

1 University Council review (for recommendation to the president or back to the provost) shall be limited to curricular or academic policy issues that may potentially affect the University's mission and strategic planning, or have a significant impact on the generation or allocation of its financial resources.

Summer 2010
Document O: Course and Program Development: SUMMARY PROPOSAL

See Course and Program Development Policy and Procedures (www.ubalt.edu/provost) for instructions.

SCHOOL: LAW

CONTACT NAME: Elaine Johnson

DEPARTMENT/DIVISION: Applied Behavioral Sciences

PROPOSED SEMESTER OF IMPLEMENTATION: fall

DATE PREPARED: 10/7/11

YEAR: 2012

ACTION BEING REQUESTED (select one category, either Course Actions or Program Actions):

COURSE ACTIONS

PROGRAM ACTIONS

Original Subject Code/Course Number: APPL 662

Original Program Title:

Original Course Title: Treatment of Trauma

Select one or multiple actions from one of the lists below (review the list of necessary documents and signatures):

COURSE ACTIONS

1. Experimental Course
2. Course Title
3. Course Credits
4. Course Number
5. Course Level
6. Pre- and Co-Requisite
7. Course Description
8. New Course
9. Deactivate Course
10. Program Requirements
11a. Undergraduate Specialization (24 credits or fewer)
11b. Master’s Specialization (12 credits or fewer)
11c. Doctoral Specialization (18 credits or fewer)
12. Minor (add or delete)
13. Closed Site Program
14. Program Suspension
15. Program Reactivation
16a. Certificate Program (UG/G) exclusively within existing degree program
16b. Certificate Program (UG/G) outside of or across degree programs (12 or more credits)
17. Off-Campus Delivery of Existing Programs
18a. Undergraduate Concentration (exceeds 24 credits)
18b. Master’s Concentration (exceeds 12 credits)
18c. Doctoral Concentration (exceeds 18 credits)
19. Program Title Change
20. Program Termination
21. New Degree Program
22. Other

Summer 2010
Create a new, permanent course, APPL 662, Treatment of Trauma.

Licensed Professional Counselors in Maryland are required to take one 3-credit graduate course in "Psychotherapy and Treatment of Mental Disorders." UB has in the past offered just one course (APPL 616, Advanced Treatment Techniques) to meet this licensure requirement. Recently, we have expanded our course offerings to include more in-depth coverage of psychotherapy for different clinical problems. Research-based treatment techniques for trauma and its sequela have expanded significantly in recent years. Also, the Baltimore population, for which we are preparing students to practice as professional counselors, is characterized by high incidences of trauma among both children and adults. This is a vital area for training for our students.

We have offered this course for two years under the special topics course number above (APPL 629) and student response has been enthusiastic. This course has been approved by the Maryland Board of Professional Counselors and Therapists as a course that fulfills the "psychotherapy" area. It is time to institute the course as a permanent course offering.
1. DATE PREPARED
10/7/2011

2. PREPARED BY
Elaine Johnson

3. DEPARTMENT/DIVISION
Applied Behavioral Sciences

4. COURSE NUMBER(S) with SUBJECT CODE(S)
APPL 662

5. COURSE TITLE
Treatment of Trauma

6. CREDIT HOURS
3

7. CATALOG DESCRIPTION
This course is designed to provide students with knowledge and exposure to the current approaches to treatment of trauma being used by clinicians. It is designed to meet the requirements of the Maryland Board of Professional Counselors and Therapists for a course in Psychotherapy and Treatment of Mental Disorders.

8. PREREQUISITES
APPL 605, 606, 610 or their equivalents

9. COURSE PURPOSE (how the course is to be used in the curriculum; e.g., required for the major, elective, etc.)
This is a course that will be taken by students in the counseling track of the M.S. in Applied Psychology, as an elective course, or by students in the Certificate in Professional Counseling Studies program, who are preparing for licensure as Licensed Clinical Professional Counselors in Maryland. It will help to prepare them to work with issues stemming from psychological trauma in children and adults.

10. GENERAL EDUCATION AREA (if applicable; e.g., social sciences, humanities, mathematics, etc.)
Not applicable

11. COURSE TYPE/COMPONENT (clinical, continuance, discussion, field studies, independent study, laboratory, lecture, practicum, research, seminar, supervision, thesis research, tutorial or workshop; this must match PeopleSoft 9.0 coding, so check with your dean's office if you

Summer 2010
are unsure of the correct entry)

Lecture/discussion

12. FACULTY QUALIFIED TO TEACH COURSE

Elaine Johnson, Ph.D., Courtney Gasser, Ph.D., David Goode-Cross, Ph.D., Karyn Harvey, Ph.D. (adjunct)

13. CONTENT OUTLINE

The outline of the course as currently taught:

Week 1 – Introduction to the Class; Overview of Trauma and Treatment

Week 1 – Trauma and Its Effects: History and Definition

Week 3 – The Biology of Trauma

Week 4 – The Effects and Types of Trauma

Week 5 – Trauma Among Veterans

Week 6 – Treatments: The Three Elements of Recovery

Week 7 – EMDR, Part 1

Week 8 – EMDR, Part 2

Week 9 – Cognitive-Behavioral Therapy

Week 10 – Working With Children with PTSD

Weeks 11-14 – Student Presentations on Selected Topics

14. LEARNING GOALS

At the conclusion of this course, the students will be able to:

1. Name and describe important historical events in the study of psychological trauma and the identification of Post Traumatic Stress Disorder (PTSD) as a psychological condition.
2. Describe basic aspects of the neurological effects of psychological trauma and the implications of those effects for treatment.
3. Name and describe the characteristic psychological effects of trauma and the differences in effects according to the intensity and duration of traumatic events.
4. Identify and describe the effects of acute stress on the human psyche; including child abuse and combat exposure.
5. Identify and describe the essential components of recovery from psychological trauma.
6. Describe the approach, philosophy and research on Eye Movement Desensitization and Reprocessing (EMDR) as a treatment for psychological trauma.
7. Identify the essential components of Cognitive Behavioral Therapy (CBT) as applied to individuals with PTSD.
8. Describe the adaptation of treatment to specialized populations.
9. Identify a variety of treatment modalities currently used to treat PTSD
15. ASSESSMENT STRATEGIES

May include:

Class participation, Exams, Student Presentations, and Papers

16. SUGGESTED TEXT(S) and MATERIALS (e.g. textbooks, equipment, software, etc., that students must purchase)


17. SPECIAL GRADING OPTIONS (if applicable)

n/a

18. SUGGESTED CLASS SIZE

12-18

19. LAB FEES (if applicable)

Lab fee may be required