

Human Relations: Trauma-informed Advocacy Informal Concentration Area (ICA)

Understanding how to advocate for and support people who have had challenging experiences can help change lives and has value in a variety of careers. Courses in the *Trauma-informed Advocacy ICA* will help you better understand the challenges that people may face and how to promote their success.

The *Trauma-informed Advocacy ICA* is a nice academic partner for students majoring in Criminology, Elementary and Secondary Education, Ethics and Public Policy, Health and Human Studies, Military Programs, Neuroscience, Nursing, Public Health, Psychology, Social Justice, and Social Work. The *Trauma-informed Advocacy ICA* is also well-paired with other ESHR ICAs such as the *Couple and Family ICA* and the *Learning and Development ICA*.

Career opportunities for individuals with a focus in advocacy for individuals who have experienced trauma might include child protective services, family social service programs, foster care case management, mental health and substance abuse centers, child and domestic abuse centers and runaway shelters, and victim rights advocacy. In addition, students with this focus in ESHR may be well-positioned for graduate work in community and behavioral health, child life, social work, couple and family therapy, mental health counseling, public policy, and psychology program(s).

Course suggestions

CSED:4131 Loss, Death, and Bereavement

Psychological study of death, grief, loss, bereavement, and coping from a multidimensional and multidisciplinary perspective; loss and grief as natural experiences that are not often explicitly discussed; overview of topics relating to death, including multicultural attitudes toward death, death practices, theories on loss and bereavement, and grieving throughout the life cycle; hospice and palliative care, suicide, and making meaning of life out of death; development of critical thinking skills by engaging in empirically based discussions.

CSED:4141 Helping Skills for Community Settings

Helping skills necessary for working in a variety of community settings; focus on communication, problem solving, interviewing skills, entry-level techniques (e.g., mindfulness), and résumé building opportunities including Iowa mandatory reporter training and QPR (Question, Persuade, and Refer) training.

CSED:4173 Trauma Across the Lifespan

Current theory and practice models related to trauma and crisis intervention; overview of multi-system level definitions of trauma experience (historical, individual, interpersonal, family, organizational, community, global); various approaches to trauma response theory; unique contributions that counselors offer (strength, resiliency, coping); commitments to multicultural and systems factors; macro- to micro-level understanding of trauma.

CSED:4176 Child Abuse: Assessment Intervention Advocacy

Preparation for work involving abused children or child abuse issues; appropriate for careers in counseling, education, health sciences, law, psychology, social work, and so forth; interactive approach.

PSQF:2115 Introduction to Counseling Psychology

Historical and philosophical foundations of counseling psychology; theories, application, and work of counseling psychologists.

PSQF:2116 Applied Child and Adolescent Psychology

Overview of child and adolescent development, psychopathology, and basic-level intervention; foundation for working in applied child and adolescent mental health settings; typical areas of psychological difficulty, including developmental disorders, ADHD, depression, anxiety, substance use; contextual and environmental factors, including abuse, poverty, neglect.

PSQF:3700 Intro to Trauma and Resilience

Introduction to understanding key concepts of trauma-informed systems of care in multiple settings; identification of various types of trauma along with behaviors and responses seen in survivors of trauma; students trace effects of historical trauma of marginalized communities and multiple trauma survivor groups to understand the consequences of trauma and its impact in the culture; resilience and strategies to offset consequences of trauma. Same as SSW:3700

PSQF:4910 Theories of Family Development

Overview of historical and contemporary theories from across disciplines about family development and family relationships; examines family as a context for relationships between partners and between parents and children across the life course; evaluates research on family system (coupling, “doing” gender, parenting, work and family balance, family transitions, economic hardship).