

# CMHC 5345 : Trauma: A Holistic Perspective

This course provides students with an understanding of the personal and systemic impact of trauma-causing events on individuals, couples, families, and communities. Students will learn specialized response models that encompass sensory-kinesthetic, perceptual, emotional, cognitive, social-relational, and spiritual dimensions of experience, with a focus on body- and brain-based approaches to treatment. Also included in this class is the exploration of the counselor's response to trauma and vicarious traumatization. The instructor uses a life-span developmental holistic perspective in presenting the course material.

**Credits** 3

**Course ID**

008820

**Requisites**

CMHC Elective Prerequisites: [CMHC 5305](#), 5310, 5320.