



# EXTENDED CAMPUS

COLLEGE of PROFESSIONAL  
and CONTINUING STUDIES

## HR 5623-101: Post Traumatic Stress Disorder

**Note:** The information on the site location and hours below is for informational purposes **only**. Out of an abundance of caution, this course will be held online using platforms and methods based on the professor's choice. **Please contact your professor for more information on actual meeting times.** This course will count as face-to-face for students who complete the required assignments and modules.

### Course Description:

This course is designed to expose students to an in-depth examination of trauma and post-traumatic stress. Specifically, this course concentrates on what constitutes post-traumatic stress, its assessment, diagnosis, and therapeutic intervention. Social constructs that support or hinder the treatment of PTSD will be explored as well as historical and culturally related contexts related to the experience of trauma and PTSD specifically. The course will cover different sources of post-traumatic stress, as well as a review of evidence-based treatment modalities. PTSD prevalence and treatment with special populations will be discussed.

### Class Dates, and Format Information:

Dates: October 26 – November 1, 2020  
Format: Online, the professor will release more information as the course approaches  
Last day to enroll or drop without penalty: September 27, 2020

### Site Director and Information for VA Benefits:

Location: Washington, D.C. Liaison Office - 2189 Crystal Plaza Arcade, Arlington, VA, 22202.  
Hours: Monday - Friday 6:00 p.m.-9:30 p.m.; Saturday 8:00 a.m.-4:30 p.m.; Sunday 8:00 a.-12:00 p.  
Email: [apwashington@ou.edu](mailto:apwashington@ou.edu). Phone: 703-418-4800.

### Professor Contact Information:

Course Professor: Harriet Bohanan, MHR, LPC  
Mailing Address: 115 S. Peters, Suite 9 Norman, OK 73069  
Telephone Number: 405-343-0711  
Email Address: [hbohanan@ou.edu](mailto:hbohanan@ou.edu)  
Professor availability: The professor will be available via email to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.

### Textbook(s) and Instructional Materials:

Student materials are available at the OU Bookstore Website at <https://ou.textbookx.com/institutional/index.php>. There is no longer a physical bookstore, the store will remain, but textbooks will not be stocked. The website has book selling, renting, buying, returning, and order tracking capabilities. If you need help with an order, or if you have any questions contact the toll-free phone at 1-(855)-790-6637, agents are available from 9a – 5p (EST) Monday – Friday. For more information or questions about textbooks, feel free to contact [apsyllabi@ou.edu](mailto:apsyllabi@ou.edu). Text prices are available online

Updated 28 June 2020

1. Van Der Kolk MD, Bessel. *The Body Keeps Score, Brain, Mind and Body in the Healing of Trauma*. (2014). 978-0-14-312774-1 (pbk)
2. Foa, Edna, Hembree, Elizabeth & Rothbaum, Barbara. *Prolonged Exposure Therapy for PTSD Therapist Guide*. (2007). 978-0-19-530850-1 (pbk)
3. Resick, Patricia, Monson, Candice, Chard, Kathleen. *Cognitive Processing Therapy for PTSD a Comprehensive Manual*. (2017). 9781462528646 (pbk)
4. Materials posted on the OU Canvas learning management system: Access Canvas at <https://canvas.ou.edu>, enter your OU NetID and password, and select course to access material. If you require assistance with Canvas, please click on the Help icon. You can search the Canvas guides, chat with Canvas support, or contact OU IT.

#### **Additional Recommended Text:**

1. Herman MD, Judith. *Trauma and Recovery*. (2015 edition). 978-0-465-06171-6

#### **Course Objectives:**

1. To learn the definition of acute and chronic stress, post-traumatic stress, and post-traumatic stress disorder (PTSD).
2. To identify the symptomatology of post-traumatic stress and PTSD and be able to assess its occurrence in individuals.
3. To develop knowledge and skill in a number of treatment modalities used with individuals suffering from post-traumatic stress and PTSD.
4. To develop a knowledge base for working with special populations.

#### **Assignments, Grading and Due Dates:**

##### **First Paper: (25 points) Historical, Cultural and Personal Relationship with Trauma**

This paper will integrate personal experiences with trauma and historical, cultural and social justice movements related to treatment. Please reference assigned texts and articles. You should also include other scholarly references to support your work. The paper should be 8-10 pages of text plus a reference page. APA format is required with 12-point Times New Roman font, double-spaced and 1-inch margins utilized.

The paper should have two distinct sections:

- The first section should be a broad description of your personal experience with trauma. This can be a personal, professional, familial or friendship based. It should be a reality-based situation, but you do not have to be so specific as to cause additional personal trauma. Be as specific as necessary – but be safe and appropriate. Discuss how the experience(s) have informed your understanding of the nature of trauma and the treatment of PTSD. This should be your experience and may be in first person narrative.
- The second section should not be in first person narrative and must rely on scholarly works. These may include articles and texts required or recommended for this class as well as other scholarly articles you may research personally. Discussion should include the historical context of trauma as well as treatment of PTSD trends. You may focus on a special population or social justice movement related to trauma and PTSD. Anchor your information within a cultural context and be specific.

**Due: October 26, 2020 – hand in at beginning of class period**

##### **Group Work: (20 points)**

You will work with a group of peers in the class to examine a specific trauma scenario. Together you will discuss treatment modalities that are appropriate to the scenario, barriers to treatment, current trends and outcome goals. More information will be given during class. Each group will make a short presentation during the class.

**Due: Assigned during class**

**Final Paper: (45 points)**

**Due: November 15, 2020 11:59pm**

**Participation (10 points)**

As this is a graduate level course designed to prepare you for professional work, you are expected to have read the texts and have a working familiarity with the topic. Participation in discussions is expected. You are encouraged to have questions ready to add to any class discussion and be prepared to listen, inquire and reflect on information presented. All communication within the class should be professional and respectful. Aggressive language will not be tolerated. It goes without saying that you cannot participate if you do not attend the class. Points will be subtracted for absence, tardiness or failure to participate in discussions.

**Grading:**

This is a letter-graded course: A, B, C, D, or F.

A = 90 – 100 points

B = 80 – 89 points

C = 70 – 79 points

D = 60 – 69 points

F = 59 points and below

<b>Assignment</b>	<b>Due Date</b>	<b>Points</b>
Attendance/Participation	All Class Meetings	10
First Paper	October 26, 2020 1 <sup>st</sup> night of class	25
Group Work	Assigned during class	20
Final Paper	November 15 11:59 pm, 2 weeks after class conclusion	45

**Notice:** Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.

No late work will be accepted without pre-approved, written communication.

Plagiarism will not be tolerated. Cite your sources and paraphrase appropriately.

## **POLICIES AND NOTICES**

### **Attendance/Grade Policy**

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. It is the policy of the University to excuse absences of students that result from religious observances and to provide without penalty for the rescheduling of examinations and additional required class work that may fall on religious holidays. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution's policy regarding "I" (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy. Students who receive Financial Aid must resolve/complete any "I" (Incomplete) grades by the end of the term or he/she may be placed on "financial aid probation." If the "I" grade is not resolved/completed by the end of the following term, the student's Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

### **Academic Integrity and Student Conduct**

Academic integrity means honesty and responsibility in scholarship. Academic assignments exist to help students learn; grades exist to show how fully this goal is attained. Therefore all work and all grades should result from the student's own understanding and effort.

Academic misconduct is any act which improperly affects the evaluation of a student's academic performance or achievement. Misconduct occurs when the student either knows or reasonably should know that the act constitutes misconduct. Academic misconduct includes: cheating and using unauthorized materials on examinations and other assignments; improper collaboration, submitting the same assignment for different classes (self-plagiarism); fabrication, forgery, alteration of documents, lying, etc...in order to obtain an academic advantage; assisting others in academic misconduct; attempting to commit academic misconduct; destruction of property, hacking, etc...; intimidation and interference with integrity process; and plagiarism. All students should review the Student's Guide to Academic Integrity at [http://integrity.ou.edu/students\\_guide.html](http://integrity.ou.edu/students_guide.html)

Students and faculty each have responsibility for maintaining an appropriate learning environment. All students should review policies regarding student conduct at <http://studentconduct.ou.edu/>

### **Accommodation Statement**

The University of Oklahoma is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your local OU Site Director.

### **Adjustment for Pregnancy/Childbirth-Related Issues**

Should you need modifications or adjustments to your course requirements because of documented pregnancy-related or childbirth-related issues, please contact me as soon as possible to discuss. Generally, modifications will be made where medically necessary and similar in scope to accommodations based on temporary disability. Please see <http://www.ou.edu/content/eoo/faqs/pregnancy-faqs.html>.

### **Title IX Resources**

For any concerns regarding gender-based discrimination, sexual harassment, sexual misconduct, stalking, or intimate partner violence, the University offers a variety of resources, including advocates on-call 24/7, counseling services, mutual no-contact orders, scheduling adjustments, and disciplinary sanctions against the perpetrator. Please contact the Sexual Misconduct Office at [smo@ou.edu](mailto:smo@ou.edu) or (405) 325-2215 (8-5), or the Sexual Assault Response Team at (405) 615 -0013 (24/7) to report an incident. To learn more about Title IX, please visit the Institutional Equity Office's website at <http://www.ou.edu/content/eoo.html>

### **Course Policies**

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course. Advanced Programs does not provide duplicating services or office supplies.

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: <http://www.goou.ou.edu/>

## INSTRUCTOR VITA

### Harriet Bohanan

#### Education

- M.A. University of Oklahoma – Department of Human Relations/4.0 gpa – May 2008
- B.A. University of Oklahoma – Arts & Sciences, BA Degree in Journalism – May 1986
- Certificate Graduate Level Classes for Applied Behavior Analysis – Florida Institute of Technology – January 2009-November 2013

#### Current Positions

Founder/CEO/Clinical Director – Spectrum Behavioral health Group, Tulsa

#### Major Areas of Teaching and Research Interest

- Working with Victims of Sexual Abuse in the DDS Population; Let's Not Add to the Trauma – Presented at Sequoyah Enterprises Inc. Grove Adolescent Male Group Home
- Creating a Therapeutic Environment for Individuals in DLS or Group Home Placements – Presented at Sequoyah Enterprises Inc. Grove Adolescent Group Home, Renaissance Management Group DLS homes for Coweta, Broken Arrow and Tulsa, Springs DLS and Group Adult Group Homes Sand Springs and BIOS DLS Adult home Tahlequah, OK
- Crisis Management for DDS Residential Programs and Self Care for Caregivers – Presented at SEI Adolescent Male Group Home, BIOS Adult DLS home Tahlequah, OK and RMG Adult DLS home in Coweta
- Small Group Leadership Training – Various retreats and conferences for New Life Bible Church, Norman, OK Between 5/97-7/08
- Interests are many and varied but often focus on issues of social justice and minority rights.
  - Currently active in a variety of areas through leisure activity, research, avid reading, advocating and working on behalf of:
  - Refugee and Immigrants – keeping up politically and socially with changes facing our country and those that seek to find stability within our borders
  - Democratic Party of Oklahoma, Move On and The Equality Project – advocating, learning, volunteering, supporting local candidates, hoping for progressive change
  - Mothers of Many – gathering and advocating with mothers who have children who are LGBT in our community
  - Individuals with Intellectual Disabilities – this is not only my vocation, but my passion
  - Perpetrators of Domestic Violence – focusing on the source of the problem to effect change in our communities

#### Representative Publications and Presentations

- Developed Comprehensive Training Manual – DDS Family Trainers, Renaissance Management Group/Spectrum Behavior Health Group - Tulsa, LLC
- Writing Functional Behavior Assessments and Protective Intervention Protocol Manual for individuals in the DDS system – DDS Family Trainers, Renaissance Management Group and Spectrum Behavior Health Group - Tulsa, LLC
- Facilitated Norman City Council Candidate Form for Mothers of Many

#### Major Professional Affiliations

- Licensed Professional Counselor #4220/LPC Supervisor
- Founding member Mothers of Many – Norman, OK - Mothers of Many is a coalition of Moms committed to nurturing hope, safety, justice and equality for our children who are LGBT. We believe in a world that welcomes diversity, practices equality and encourages the contributions of all people. Our alliance was born of our grief of tragic loss of our community's children who could no longer live with being bullied. MOM exists so that we will no longer need to mourn

silently and watch hopelessly as our children are attacked. MOM provides outreach, advocacy, leadership, comfort and support to our children and other mothers of LGBT children.

- Member – Coordinated Community Response Team of Cleveland County. Group coordinates services between law enforcement, victim services, batterer programs and probation for individuals charged with Domestic Assault and Battery. We meet monthly to coordinate efforts to provide for a safer community and a life free of domestic violence for members of this county.
- Past Member – Oklahoma Counseling Association, Past Treasurer for Oklahoma Addictions Counselor Division
- Past Member – NAFSA: National association of Foreign Student Affairs, Past Oklahoma and Region III Team Leader