



# TYNDALE

• SEMINARY •

## Course Syllabus

FALL 2018

### THErapy INTERVENTIONS FOR TRAUMA, ABUSE AND VIOLENCE COUN 0691

SEPTEMBER 12 – DECEMBER 5, 2018

WEDNESDAYS, 6:45PM – 9:35PM

**INSTRUCTOR: BRENTON DIAZ, B.A., B.S.W., M.S.W.**

Telephone number: 905-853-3040 ext. 314

Address (for students mailing assignments): 17705 Leslie Street, Unit 12, Newmarket, ON, L3Y  
3E3

Email: [bdiaz@tyndale.ca](mailto:bdiaz@tyndale.ca)

Office Hours: Wednesdays (6:15pm – 6:35pm) By appointment only

Access course material at <http://classes.tyndale.ca/>

Course emails will be sent to your @MyTyndale.ca e-mail account only.

[Learn how to access and forward emails to your personal account.](#)

The mission of Tyndale Seminary is to provide Christ-centred graduate theological education for leaders in the church and society whose lives are marked by intellectual maturity, spiritual vigour and moral integrity, and whose witness will faithfully engage culture with the Gospel.

## I. COURSE DESCRIPTION

This course will examine both individual and systemic interventions for victims of trauma, abuse and violence. Interpersonal and intrapsychic approaches are outlined in an integrated treatment approach to trauma therapy.

Along with individual therapeutic interventions, relational/systemic resources will be added to the therapeutic milieu. Research has shown that when trauma survivors' intimate relationships are strengthened, their ability to cope with the impacts of posttraumatic stress is also strengthened.

A broad range of trauma experiences will be included such as intimate violence, sexual abuse, natural disasters, witness to violence, war, political terror, vicarious trauma and its impact on the therapist.

Prerequisites: Foundations of Christian Counselling and Family Systems.

## **II. LEARNING OUTCOMES**

At the end of the course, students should be able to:

- Demonstrate a critical understanding and competence in the area of trauma symptom identification.
- Evaluate the significance of trauma on the psychological, social and spiritual functioning of people.
- Demonstrate an awareness of the variety of settings and contexts that trauma therapeutic interventions for trauma occur in.
- Demonstrate the development and extension of practical skills in the areas of individual, group and family interventions for trauma.
- Critically evaluate research on psychological psycho-somatic trauma in light of Biblical theology.

## **III. COURSE REQUIREMENTS**

### **A. REQUIRED READING:**

Herman, Judith L. (1992). *Trauma and Recovery*. BasicBooks: HarperCollins. ISBN: 0-465-08766-3.

Rothschild, Babette. (2000). *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. Norton. ISBN: 978-0393703276.

Yoder, Carolyn & Zehr, Howard (eds.). (2005). *The Little Book of Trauma Healing: When Violence Strikes and Community Is Threatened* (Little Books of Justice and Peacebuilding). Good Books. ISBN: 978-1561485079.

### **B. SUPPLEMENTARY / RECOMMENDED READING:**

Levine, Peter. (1997). *Walking the Tiger: Healing Trauma*. New Atlantic Books.

Mate, Gabor. (2009). *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. Vintage Canada.

Shapiro, Francine. (2001). *Eye Movement Desensitization and Reprocessing (EMDR): Basic Principles, Protocols, and Procedures*, 2nd ed. Guilford Press.

### **C. ASSIGNMENTS AND GRADING**

The assignments for this course will give students the opportunity to research and reflect on Trauma symptoms, treatment, and the interaction between the broader Christian faith community and people who have experienced trauma.

1. **Reflective Paper:** Due on October 10, 2018; 25% of final grade  
Students will select one of the following questions, and write a 6-7 page Reflective Paper as a response:

**In your opinion and experience, how is trauma perceived in the local and broader Church?**

Or

**In your opinion, how equipped are Christian ministries/communities to deal with trauma?**

Since this paper is a reflective one, the student is not required to use references. While this paper is a reflection based on the student's ideas and opinions, the student will also be evaluated on how they integrate the course concepts into their paper. The student will be evaluated on how thoughtfully they explain their opinion. Simply stating an opinion will not ensure a good mark: the student will need to critically explain how they have come to their opinions. Students will be evaluated on: Demonstrated ability to communicate reflections; Depth of insights and considerations; Thorough, clear, organized writing that identifies key issues.

2. **Short Paper: Trauma Symptoms:** Due on November 7, 2018; 25% of final grade

Students are expected to select a specific **Trauma Symptom** discussed in class, and write a short (5 page) research-based paper on the symptom. The student will discuss how the symptom manifests in the lives of people who have experienced trauma, as well as theories on how the symptom emerges, and will offer some ideas based on research on how the symptom might be intervened upon in trauma treatment. Students will be evaluated on their ability to describe with clarity and appropriate depth the symptom, its origins, and treatment possibilities.

3. **Final Paper:** Due on November 28, 2018; 40% of final grade

The paper should be a substantial piece of research analysis on a **Therapeutic Modality** that is currently used to treat people who have experienced psychological trauma. Examples of such modalities will be provided in class for you to choose from. You will provide a brief history, overview and description and analysis/critique of the pros and cons of the therapeutic modality you have selected.

The essay should not simply report, summarize, or review class materials (though you are encouraged to draw from class lectures, discussion and readings). It should, rather, demonstrate thoughtful reflection, analysis, and should embody a conceptual

argument in which various angles of the questions are explored in fairness and at length. The paper should be 10 pages in length, double-spaced.

#### 4. **Class Participation:** 10% of final grade

In the classroom, an indicator of professional participation in a class is engagement. Engagement is manifested in a number of clear behaviours. Attendance at every class in this course is assumed. Beyond simple presence, professional students exhibit other manifestations of participation, including completing the readings before class, contributing to discussions at least once per class in a way that advances and does not dominate the conversation, refraining from using a cell phone during class time, treating yourself and your colleagues with courtesy and respect, taking advantage of opportunities to meet with the professor, and engaging fully with in-class assignments. Students will also complete two journals, one page (double-spaced) each, reflecting on the content delivered for November 14 & 21, 2018.

### **D. EQUITY OF ACCESS**

Students with permanent or temporary disabilities who need academic accommodations must [contact](#) the [Accessibility Services](#) at the [Centre for Academic Excellence](#) to [register](#) and discuss their specific needs. *New students* must self-identify and register with the Accessibility Office at the beginning of the semester or as early as possible to access appropriate services. *Current students* must renew their plans as early as possible to have active accommodations in place.

### **E. SUMMARY OF ASSIGNMENTS AND GRADING**

Evaluation is based upon the completion of the following assignments:

Reflection Paper	25 %
Short Paper	25 %
Final Paper	40 %
Participation	10 %
Total Grade	100 %

### **F. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK**

Expected written standards:

Please pay attention to the following writing guidelines

- Unless otherwise indicated, each paper is to be typed, double spaced, 12 point font, Times New Roman, with 1 inch margins, and stapled in the top left corner of the paper.
- The title page for all written work ought to include: the title of the paper, the name of the course, the name of the professor, date of submission, and the name of the student.

- Please number all your pages (except for the title page).
- The paper ought to be free of spelling mistakes, punctuated correctly, and adhere to basic rules of grammar.
- The paper needs to be written in a clear, organized, and straightforward academic manner. It should present a coherent position and arguments that support that position.
- Ensure that you have accurately and fully documented sources used in your paper. You need to pay careful attention to matters of intellectual property, honesty and integrity. Plagiarism is to be avoided at all costs and will not be tolerated in any form whatsoever. See the policy on Academic Honesty for a comprehensive discussion of the Seminary's policy on plagiarism.
- Documentation and notes should be consistent with APA guidelines as articulated in the Guidelines for submission for the Counselling Department.

#### Submission and Return of Assignments:

All assignments are submitted directly to the Professor at the beginning of class on the due date unless otherwise specified. If students wish to submit written work by mail (courier), they must be mailed directly to the Professor, c/o Tyndale Seminary and they must be received on or before the due date. Otherwise, they are treated as late papers. Please note: No electronic copy is accepted. Students are required to retain a copy of all assignments (hard copy or electronic version).

All assignments are returned during class or to be picked up at the Main Reception. If students wish to have their work returned to them by mail, they must submit their work with a stamped, self-addressed envelope.

#### Deadlines:

With the exception of "extreme and extenuating circumstances", all papers handed in late will be deducted 1%/day.

If there are some unusual circumstances, please complete the REQUEST FOR EXTENSION DUE TO EXTREME CIRCUMSTANCES form. Specify the nature of these circumstances and submit it to the professor directly by the due date of that assignment.

#### **Academic Integrity**

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University College & Seminary takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty.

Students are encouraged to consult [writing resources](#).

Students should also consult the current [Academic Calendar](#) for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System.

### **Research Ethics**

All course-based assignments involving human participants requires ethical review and approval by the [Tyndale Research Ethics Board \(REB\)](#). Check with the Seminary Office (Room B302; [aau@tyndale.ca](mailto:aau@tyndale.ca)) before proceeding.

## **G. COURSE EVALUATION**

Tyndale Seminary values quality in the courses it offers its students. End-of-course evaluations provide valuable student feedback and are one of the ways that Tyndale Seminary works towards maintaining and improving the quality of courses and the student's learning experience. Student involvement in this process is critical to enhance the general quality of teaching and learning.

Before the end of the course, students will receive a MyTyndale email with a link to the online course evaluation. The link can also be found in the left column on the course page. The evaluation period is 2 weeks; after the evaluation period has ended, it cannot be reopened.

Course Evaluation results will not be disclosed to the instructor before final grades in the course have been submitted and processed. Student names will be kept confidential and the instructor will only see the aggregated results of the class.

## **IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS**

**September 12, 2018: Establishing Safety:** How can we as a class begin to talk about such intimate and potentially triggering/scary topics as those related to trauma?

**September 19, 2018: Overview of Trauma:** Definition and Background: What is trauma? How is it defined, diagnosed and understood in the mental health community? Are there different types of trauma that are observed in the field, and how are these distinguished from each other? What is the historical background of the development of the concept of trauma? *Yoder Chapter 2, Rothschild Chapter 1*

**September 26, 2018: Biblical Perspectives of Trauma:** Does the Bible speak about trauma? How does the Bible address trauma? (*Topics explored: Rape of Tamar by Amnon: 2 Samuel 13, Destruction of Jerusalem and its impact on the witness: Lamentations 3*).

**October 3, 2018: Etiology of Trauma:** How does trauma develop in a person? What are the cognitive, physical, and emotional processes that lead to the development of trauma? Are some people more susceptible to trauma, and if so, why? *Yoder 3, Herman 1-4, Rothschild 2-4.*

**October 10, 2018: Etiology of Trauma cont'd. Reflective Paper due.**

**October 17, 2018: Symptoms and Manifestations:** How does the experience of trauma impact people on cognitive, emotional, physical, spiritual and relational levels? How do trauma symptoms develop? *Yoder 4, Rothschild 6*. Also, read:

*van der Kolk, Bessel. (1994) "[The Body Keeps the Score: Memory and the Emerging Psychobiology of Post-Traumatic Stress.](#)" *Harvard Review of Psychiatry*, 1, pp. 253-265.*

*van der Kolk, Bessel. (2002). [In Terror's Grip: Healing the Ravages of Trauma.](#) *Cerebrum*, 4, pp. 34-50. NY: The Dana Foundation.*

You can download the articles from this site:

<http://www.traumacenter.org/products/publications.php>

**October 24, 2018: No Class: Reading Break**

**October 31, 2018: Symptoms and Manifestations cont'd.**

**November 7, 2018: Individual Trauma Interventions:** What can a counsellor do to help a traumatized client? What are the best-practice interventions that are prevalent in the field, and how do they work? How can a counsellor address the many varied symptoms (cognitive, emotional, physical, spiritual) that clients might be facing? *Herman 7, Rothschild 7-8, Short Paper Due.*

**November 14, 2018: Individual Trauma Interventions cont'd (delivered by online lecture)**

**November 21, 2018: Interpersonal/Relational Trauma Interventions:** How can a client's environment impact their experience of trauma? What are ways that a traumatized client's social network can help them? *Yoder Chapter 5, 7, Herman 8-11 (delivered by online lecture)*

**November 28, 2018: Dilemmas in Trauma Counselling:** What does a counsellor do when a client projects their feelings on to the counsellor? How should a counsellor deal with a client who seems to be re-traumatizing themselves by telling details about their traumatic experience? How should a counsellor intervene when a client is triggered? **Differences in Populations in Trauma Counselling:** How do age and gender impact a person's experience of trauma? **Categories of Traumatic Experiences:** How do different experiences of trauma differ from each other? What might the similarities be? What are some of the special circumstances and interventions related to different kinds of trauma? **Final Paper Due.**

**December 5, 2018: Vicarious Trauma:** How does working with traumatized populations impact the trauma counsellor? What can a trauma counsellor do to protect themselves from being harmed by the stories of clients?

## V. SELECTED BIBLIOGRAPHY

(Tyndale Library supports this course with [e-journals and e-books](#). See the [Library FAQ page](#).)

### **Books**

Allender, Dan. (1995). *The Wounded Heart: Hope for Adult Victims of Sexual Abuse*, rev. ed. NavPress.

Briere, J. (1992). *Child abuse trauma: theory and treatment of the lasting effects*. Newbury Park, CA: Sage Publications, Inc.

Briere, J. & Scott, C. (2006). *Principles of trauma therapy: a guide to symptoms, evaluation, and treatment*. Thousand Oaks, CA: Sage Publications, Inc.

Busby, D.M. (Ed). (1996). *The impact of violence on the family: Treatment approaches for therapists and other professionals*. Needham Heights, MA: Allyn & Bacon.

Chu, J. (1998). *Rebuilding shattered lives: the responsible treatment of complex posttraumatic and dissociative disorders*. New York: Wiley and Sons.

Chu, J. & Bowman, E. (2003) *Trauma and sexuality: The effects of childhood sexual, physical, and emotional abuse on sexual identity and behavior*. Binghamton: Haworth.

Clark Kroeger, Catherine and Nancy Nason Clark. (2001). *No Place for Abuse: Biblical and Practical Resources to Counteract Domestic Violence*. Downers Grove, IL: InterVarsity.

Cooper-White, Pamela. (1995). *The Cry of Tamar: Violence Against Women and the Church's Response*. Minneapolis: Augsburg/Fortress.

Cori, J. L. (2008). *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Recovering Your Life*. Cambridge, MA: Marlowe & CO.

Dolan, Y.M. (1991). *Resolving sexual abuse: Solution-focused therapy and Ericksonian hypnosis for adult survivors*. New York, NY: W.W. Norton & Company.

Fortune, Marie. (1983). *Sexual Violence: The Unmentionable Sin*. Cleveland, OH: Pilgrim Press.

Fortune, M.M. (2005). *Sexual Violence: The Sin Revisited*. Pilgrim Press.

Fortune, M.M. (1987). *Keeping the faith: Questions and answers for the abused woman*. New York: Harper Collins Publishers.

Hancock, Maxine and Karen Burton Mains. (1987). *Child Sexual Abuse: A Hope for Healing*. Wheaton, IL: Harold Shaw.

- Heitritter, Lynn and Jeanette Vought. (2006). *Helping Victims of Sexual Abuse: A Sensitive, Biblical Guide for Counselors, Victims, and Families*, rev. ed. Minneapolis: Bethany House.
- Herman, J.L. (1997). *Trauma and recovery: the aftermath of violence - from domestic abuse to political terror*. New York: Basic Books.
- Holderread Heggen, Carolyn. (1993). *Sexual Abuse in Christian Homes and Churches*. Scottsdale, PA: Herald.
- Levine, P. (1997). *Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences*. Berkeley, CA: North Atlantic Books.
- Mandt Langberg, Diane. (1999). *On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse*. Wheaton: Tyndale.
- Matsakis, A. (1996). *I Can't Get over It: A Handbook for Trauma Survivors*. Oakland, CA: New Harbinger Publications.
- McClure, J. S. & Ramsay, N.J. (1998). *Telling the truth: Preaching against sexual and domestic violence*. Cleveland, OH: United Church Press.
- Rothschild, B. (2010). *8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing*. New York, NY: W. W. Norton and Company.
- Ross, C.A. (2000). *The trauma model: A Solution to the problem of comorbidity in psychiatry*. Richardson, TX: Manitou Communications, Inc.
- Rothschild, B. (2000). *The body remembers: the psychophysiology of trauma and trauma treatment*. New York: Norton.
- Saakvitne, K. & Pearlman, A. (1996). *Transforming the pain: A workbook on vicarious traumatization*. New York: W.W. Norton & Co., Inc.
- Saxe, G.N., Ellis, B.H., & Kaplow, J. (2007). *Collaborative treatment of traumatized children and teens: The trauma systems therapy approach*. New York: Guilford Press.
- Schwartz, R. (2002) *Tools for transforming trauma*. New York: Brunner-Routledge.
- Sheinberg, M. & Fraenkel, P. (2003). *The relational trauma of incest: A family-based approach to treatment*. New York: Guilford Press.
- Siegel, D.J. (1999). *The developing mind: how relationships and the brain interact to shape who we are*. New York: Guildford Press.
- van der Kolk, B.A., McFarlane, A.C., & Weisath, L., eds. (1996). *Traumatic stress: the overwhelming experience on mind, body, and society*. New York: Guilford Press.

van der Kolk, E., et al. (Eds.) (1996) *Traumatic stress: The effects of overwhelming experience on mind, body and society*. New York: Guilford.

Williams, M. (2002). *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*. Oakland, CA: New Harbinger Publications.

Williams, M. & Sommer, John, Jr. (Eds.) *Simple and complex post-traumatic stress disorder; Strategies for comprehensive treatment in clinical practice*. Binghamton: Haworth Maltreatment & Trauma Press.

Young, B. & Blake, D. (Eds.) *Group treatments for post-traumatic stress disorder*. New York: Brunner/Mazel, 1999.

### **Journal Articles**

Ames, N., Hancock, T. U., & Behnke, A. O. (2011). Latino church leaders and domestic violence: Attitudes and knowledge. *Families In Society*, 92(2), 161-167.

Anderson, K. M., & Hiersteiner, C. (2008). Recovering from childhood sexual abuse: Is a storybook ending possible? *The American Journal of Family Therapy*, 36(5), 413-424.

Browne, C. and Winkelman, C. (2007). The effect of childhood trauma on later psychological adjustment. *Journal of Interpersonal Violence*, 22(6), 684-697.

Bryant-Davis, Thema, Ocampo, & Carlota A. (2006). Therapeutic approach to the treatment of racist-incident-based trauma. *Journal of Emotional Abuse*, 6(4), 1-22.

Brokenleg, M. (2012). Transforming cultural trauma into resilience. *Reclaiming Children and Youth*, 21 (3), 9-13.

Brennan, M.A. (2008). Conceptualizing resiliency: An interactional perspective for community and youth development. *Child Care in Practice*, 14(1), 55-64.

Clemens, S.E. (2005). A Feminist Group for Women Rape Survivors. *Social Work with Groups*, 28(2), 59-75.

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Cook, A., Spinazzola, J., Ford, J., Lanktree, C., Blaustein, M., Cloitre, M., DeRosa, R., Hubbard, R., Kagan, R., Liataud, J., Mallah, K., Olafson, E., Van DerKolk, B. (2005). Complex trauma in children and adolescents. *Psychiatric Annals*, 35(5), 390-398.

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- Gunnar, M. & Quevedo, K. (2007).The neurobiology of stress and development. *Annual Reviews of Psychology*, 58:145-173.
- Hebert, M. (2007). Efficacy of a group intervention for adult women survivors of sexual abuse. *Journal of Child Sexual Abuse*, 16(4), pp. 37-61.
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- Jackson, A. L., Veneziano, C., & Ice, W. (2005). Violence and trauma: The past 20 and next 10 years. *Journal of Interpersonal Violence*, 20, 470-478.
- Jory, B. & Anderson, D. (2000). Intimate Justice III: Healing the anguish of abuse and embracing the anguish of accountability. *Journal of Marital and Family Therapy*, 26, 329-340.
- Lieberman, F. A., & Knorr, K. (2007) The impact of trauma: a development framework for infancy and early childhood. *Psychiatric Annals*, 37, 416-422.
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- Miriam, G. (2010). A theoretical understanding of refugee trauma. *Clinical Social Work Journal*, 38 (4), 379-387.
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