

## ESHR: 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 can be applied in various 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* may pair well with other ESHR ICAs such as the *Couple and Family ICA* and the *Cognition, Learning, and Development ICA*. Students interested in this ICA would also deepen their ability to advocate for those impacted by trauma by pairing ESHR with the following majors, minors, and certificates.

### Major, Minor, Certificate Suggestions

#### Majors/Minors

[Criminology, Law, and Justice](#)  
[Ethics and Public Policy](#)  
[Law Preprofessional Program](#)  
[Global Health Studies](#)  
[Neuroscience](#)  
[Public Health](#)  
[Social Justice](#)  
[Social Work](#)

#### Certificates

[Critical Cultural Competence](#)  
[Leadership Studies](#)  
[Nonprofit Leadership and Philanthropy](#)  
[Public Health](#)  
[Resilience and Trauma-Informed Perspectives](#)  
[Social Justice and the Performing Arts](#)

Career opportunities for individuals with a focus on 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

(Students are encouraged to take one or two courses from each skill/content area.)

#### *Basic Helping Skills*

##### CSED:1102 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. Prerequisite: CSED:1101

##### 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: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.

### *Impacts of Trauma on Learners*

#### **PSQF:2700 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:2700

#### **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.

### *Developmental Characteristics*

#### **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:4106 Child Development**

Theories and research findings about the physical, social, emotional, and intellectual growth and development of children. Requirements: junior standing.

#### **PSQF:4133 The Adolescent and Young Adult**

Psychological and social aspects of adolescence and young adulthood; emphasis on theory, research, and practical applications.

### **Faculty Liaison**

[Allison Levine](#), Assistant Professor, Rehabilitation Counseling

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