

Course Syllabus

- Title:** Psychological First Aid - PSYC 256: Section 011
- Term:** Summer 2007
Mondays, Tuesdays, Thursdays, and Fridays: 10:00-12:35pm***
***Note: These days of the week are different than those listed in the course schedule.
- Location:** SDU – Room 321
- Credit Hours:** 3
- Instructor:** Jon Elhai, Ph.D.
(605) 677-6575 (office)
jelhai@usd.edu (e-mail)
www.usd.edu/dmhi/je
- Office Hours:** Mondays: 9:00-10:00am
South Dakota Union – Office 114
- Required Text:** Hill, C. E., & O'Brien, K. M. (2004). *Helping skills: Facilitating exploration, insight, and action* (2nd Ed.). Washington, DC: American Psychological Association.

Articles downloadable from (you will need to enter your USD username and password):

<http://www.usd.edu/dmhi/je/pages/courses/PsychologicalFirstAid/PsycFirstAidReadings.html>

Course Description: PSYC 256 – This course focuses on traumatic stress, how individuals can cope with such stress in their own lives, and how individuals can assist family and friends who experience traumatic stress.

Prerequisites: None.

Specifically, students will learn a model of basic helping skills (including the empirical support for these skills), and how this model applies to helping victims of traumatic events.

Course Outcomes:

1. Students should understand and articulate the three-stage model of helping.
2. Students should understand the interactional sequences of helping.
3. Students should better understand themselves in their roles as helpers.
4. Students should understand the helping process as it relates to work with trauma victims.

South Dakota System Board of Regents General Education Requirement - GOAL #3:

Students will understand the organization, potential, and diversity of the human community through study of the social sciences.

Student Learning Outcomes: As a result of taking courses meeting this goal, students will:

1. Identify and explain basic concepts, terminology and theories of the selected social science disciplines from different spatial, temporal, cultural and/or institutional contexts.
 - a. Assessment 1: Demonstrate the acquired knowledge of key concepts in the helping process across time and sociocultural contexts, evaluated by midterm and final exam grades.
2. Apply selected social science concepts and theories to contemporary issues
 - a. Assessment 1: Link the helping process' concepts to relevant contemporary clinical problems, evidenced by class participation and exam grades.

3. Identify and explain the social or aesthetic values of different cultures.
 - a. Assessment 1: Provide the cultural relevance of research findings in the helping process, evaluated by class participation and exam grades.
4. The impact of diverse philosophical, ethical or religious views
 - a. Assessment 1: Provide a balanced (i.e., diverse) view of the helping process, evaluated by class participation and exam grades.

Course Policies and Procedures

1. **Attendance:** It is the responsibility of each student to attend all classes, take all exams, and turn in all assignments on time. Student attendance is worth 10% of the final grade. Students who stop attending class will be in jeopardy of involuntary withdrawal from the class roll by the instructor. Excused absences must be accompanied by one of the following official notes written for the student: a physician's note, or a note of absence by a USD sports coach. **Please do not arrive late to class.**

2. **Exams:** There will be four non-cumulative exams, each consisting of multiple choice questions. Exam material will be taken from the textbook, articles and lectures. Each of the four exams is worth 22.5% (for a total of 90%) of your final course grade. **No makeup exams will be given, under any circumstance.**

If you have taken all four exams, and wish to improve your course grade, you may take an optional, cumulative final exam. The final exam will occur during finals week, at the scheduled final exam period. This final can only help your grade (by replacing your lowest exam grade, only if it doesn't hurt your final course grade). Although the final exam is optional, you *must* take the final exam if you missed any of the other exams.

3. Grading:

Grade Composition		Grading scale	
Exam 1	22.5%	A	90-100
Exam 2	22.5%	B	80-89
Exam 3	22.5%	C	70-79
Exam 4	22.5%	D	60-69
<u>Class Attendance</u>	<u>10%</u>	F	59 and below
Total	100%		

4. **Extra Credit:** A maximum of 4.5 percentage points can be added to your final course grade, by completing article reviews. You may write a 1-2 page review and critique of a psychology journal article (each worth up to 1.5 percentage points added toward your final course grade; a maximum of 3 article reviews will be allowed). Acceptable journal articles must: a) be published *this year*; and b) be published by the American Psychological Association (APA). For a list of journals published by APA, see the following website: www.apa.org/journals (Note that the ID Weeks Library only carries some of these journals, so you will need to ensure that the library has the journal you want). Papers must be typed with a 12 pt. font, double-spaced, with 1 inch margins, and are due by **June 8**. Papers may be submitted early for corrective feedback. **Late papers will not be accepted.** Please also submit a photocopy of the first page of the journal article.

5. **Academic Dishonesty:** The College of Arts and Sciences considers plagiarism, cheating, and other forms of academic dishonesty inimical to the objectives of higher education. The College supports the imposition of penalties on students who engage in academic dishonesty, as defined in the "Conduct" section of the University of South Dakota Student Handbook. No credit can be given for a dishonest assignment. At the discretion of the instructor, a student caught engaging in any form of academic dishonesty may be: a) Given a zero for that assignment, b) Allowed to rewrite and resubmit the assignment for credit, c) Assigned a reduced grade for the course, d) Dropped from the course, e) Failed in the course. However, this instructor most typically fails the student on the assignment and/or course.

6. Class Cancellations: Occasionally, the instructor may be called without advanced warning to travel on a disaster response. In this event, if a substitute instructor cannot be arranged to teach a given lecture, the class will be e-mailed as soon as possible to let you know that class will be cancelled that day.

7. Additional Ground Rules: 1) Please turn off cell phones/pagers during class. 2) Please do **not** arrive late to class. 3) Lecture notes will **not** be provided to students by the instructor. 4) Grade disputes must be submitted in writing in order to be considered. 5) Grievances about the course and/or instructor should be brought up with the instructor first in order to resolve the matter, prior to discussing the matter with the department/university's administration.

Any student who feels s/he may need academic accommodations or access accommodations based on the impact of a documented disability should contact and register with Disability Services during the first week of class. Disability Services is the official office to assist students through the process of disability verification and coordination of appropriate and reasonable accommodations. Students currently registered with Disability Services must obtain a new accommodation memo each semester.

Schedule of Classes and Readings (The assigned chapter should be read **before** each class)

Date	Required Reading	Lecture Topic
<u>Week 1</u>		
M 5/14	Chapter #1	Introduction to Helping
T 5/15	Article #1	Psychological Trauma & PTSD
Th 5/17	Chapters #2 and #3	3 Stage Model; Process of Helping; Ethical Issues
F 5/18	Chapter #4	EXAM 1
<u>Week 2</u>		
M 5/21	Chapters #5, #6, and #7	Attending and Listening; Open Questions
T 5/22	Chapters #8 and #9	Restatement; Reflection of Feeling
Th 5/24	Chapter #10	Additional Skills for Exploration; Rogers Movie
F 5/25		EXAM 2; Overview of the Insight Stage
<u>Week 3</u>		
M 5/28		NO CLASS – MEMORIAL DAY HOLIDAY
T 5/29	Chapters #12, #13, and #14	Challenge; Interpretation
Th 5/31	Chapters #15, and #16	Self-Disclosure; Immediacy; Movie
F 6/1		EXAM 3; Acute Intervention in Trauma
<u>Week 4</u>		
M 6/4	Chapters #18, and #19	Overview of the Action Stage; Action Skills
T 6/5	Chapter #20	Action Stage Steps
Th 6/7	Chapter #22	Conclusion; Ellis Movie
*F 6/8		EXAM 4; and FINAL EXAM

* Last day to complete extra credit assignments (due by 12:35pm).

Note: This syllabus may be appended by the instructor if necessary. Students are responsible for any changes made.