



COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
Posttraumatic Society	

Lecturer(s)	Department(s) where the course unit (module) is delivered
Coordinators: assoc. prof. of psychotraumatology Paulina Želvienė and prof. dr. Evaldas Kazlauskas	Center for Psychotraumatology, Institute of Psychology, Faculty of Philosophy, Vilnius university

Study cycle	Type of the course unit (module)
Bachelor	Optional

Mode of delivery	Period when the course unit (module) is delivered	Language(s) of instruction
Lectures and seminars	Autumn, Spring	English

Requirements for students	
Prerequisites: The course is aimed at students from all disciplines. It is also recommended for students studying psychology.	Additional requirements (if any): -

Course (module) volume in credits	Total student's workload	Contact hours	Self-study hours
5 ECTS	135	32	103

Purpose of the course unit (module): programme competences to be developed		
The course will focus on psychological trauma and its impact on individuals, groups and society. Students will be introduced to current traumatic stress research and theories. During the course students will explore historical and autobiographical accounts on trauma. As the result of the course students will be familiar with normal and abnormal reactions to traumatic events, short-term and long-term consequences of traumatic events, risk and protective factors of post-traumatic stress disorder, and psychosocial support after traumatic events. After completion of the course students will be able to integrate basic psychotraumatology knowledge into their professional and personal life.		
Learning outcomes of the course unit (module)	Teaching and learning methods	Assessment methods
After completing the course, students will understand psychological reactions of person, group and society to traumatic events, based on research findings and the main theories of psychotraumatology.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of course paper and presentation.	Written exam, written course paper, presentation in the seminar.
After completing this course, students will understand the needs of trauma survivors, and basic principles of care for trauma survivors.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of course paper and presentation.	Written exam, course paper, presentation in the seminar.
After completing this course, students will be able to present, discuss and analyze psychological effects of trauma on individual and society, and will understand the application of this knowledge in professional and personal life.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written course paper, presentation in the seminar.

Content: breakdown of the topics	Contact hours							Self-study work: time and assignments	
	Le ct ur es	Tu tor ial s	Se mi na rs	Ex er cis es	La bo rat or y w or k	Int er ns hi p/ w or k pl ac e m ent	C on ta ct ho ur s	Se lf- st ud y ho ur s	Assignments
1. Introduction to psychotraumatology, the main concepts.	4						4	0	-
2. The history of psychotraumatology. Trauma research context in the Baltic countries.			2				2	6	Readings selected and recommended by the course lector.
3. Psychological effects of trauma. Definition of stress-related disorders.			4				4	12	Readings selected and recommended by the course lector.
4. Effects of prolonged traumatization and complex trauma.			4				4	12	Readings selected and recommended by the course lector.
5. Psychological theories of posttraumatic stress.			4				4	12	Readings selected and recommended by the course lector.
6. Effects of trauma on families and intergenerational trauma consequences.			2				2	6	Readings selected and recommended by the course lector.
7. Posttraumatic growth and psychological resilience. Risk and protective factors after trauma.			2				2	6	Readings selected and recommended by the course lector.
8. Psychosocial support for trauma survivors. Basic principles of trauma care and treatment in psychotraumatology.			2				2	6	Readings selected and recommended by the course lector.
9. Diversity of reactions to various traumatic events.			8				8	43	Readings, chosen by student and recommended by lector. Preparation of presentation and essay on chosen topic.
Total	4		28				32	103	

Assessment strategy	Weight, %	Deadline	Assessment criteria
Presentation in a seminar	25	Throughout the semester	Students prepare a presentation on a chosen research paper from psychotraumatology field. The research paper of the presentation is approved by the course lector in the beginning of the course. The research paper topic is the same as the topic of the written course paper. Presentation is evaluated on a 10-point scale, where 10 represent that student is able to present the chosen question of psychotraumatology field in the seminar excellently.

			It is obligatory to make a presentation during the seminar to be eligible to take an exam.
Course paper	25	End of semester, before the exam.	Students prepare a course paper on a chosen topic from psychotraumatology field. The topic of the course paper is agreed with the course lector in the beginning of the course. The topic is the same as the topic of the oral presentation, made in the seminar. Course paper is evaluated on a 10-point scale, where 10 represent that student is able to describe and analyze the chosen question of psychotraumatology excellently and use scientific literature for his/her work. It is obligatory to write a course paper and deliver it to the lector to be eligible to take an exam.
Written exam	50	End of semester.	Situations of traumatic events and survivors' reactions are presented. Questions, connected to the situations, are given. To answer questions students must apply knowledge gained during the course at lectures, seminars and readings. Exam is evaluated on a 10-point scale, where 10 represent that student is able to understand main topics of psychotraumatology field and can apply its knowledge to the practical situations excellently.

Author	Year of publication	Title	Issue of a periodical or volume of a publication	Publishing place and house or web link
Readings				
<ol style="list-style-type: none"> 1. Kazlauskas, E., & Zelviene, P. (2016). Trauma research in the Baltic countries: From political oppression to recovery. <i>European journal of psychotraumatology</i>, 7(1), 29295. 2. Weisaeth, L. (2002). The European history of psychotraumatology. <i>Journal of Traumatic Stress: Official Publication of The International Society for Traumatic Stress Studies</i>, 15(6), 443-452 3. Kazlauskas, E., Zelviene, P., & Eimontas, J. (2017). "No posttraumatic stress disorder in Lithuania": National health care fails to identify PTSD. <i>Journal of Traumatic Stress</i>, 30(1), 99-102. 4. Kazlauskas, E., Gelezelyte, O., Nomeikaite, A., & Zelviene, P. (2021, November). Posttraumatic Stress Disorder and Adjustment Disorder in Lithuanian Healthcare in 2018–2020: A Nation-Wide Cohort Study of the Effects of COVID-19 Pandemic. In <i>Healthcare</i> (Vol. 9, No. 11, p. 1422). Multidisciplinary Digital Publishing Institute 5. Herman, J. L. (1992). Complex PTSD: A syndrome in survivors of prolonged and repeated trauma. <i>Journal of traumatic stress</i>, 5(3), 377-391. 6. Kazlauskas, E., Gegieckaite, G., Hyland, P., Zelviene, P., & Cloitre, M. (2018). The structure of ICD-11 PTSD and complex PTSD in Lithuanian mental health services. <i>European Journal of Psychotraumatology</i>, 9, 1414559. https://doi.org/10.1080/20008198.2017.1414559 7. Brewin, C. R., & Holmes, E. A. (2003). Psychological theories of posttraumatic stress disorder. <i>Clinical psychology review</i>, 23(3), 339-376. 8. Kazlauskas, E., Gailiene, D., Vaskeliene, I., & Skeryte-Kazlauskiene, M. (2017). Intergenerational transmission of resilience? Sense of coherence is associated between Lithuanian survivors of political violence and their adult offspring. <i>Frontiers in psychology</i>, 8, 1677. 9. Dashorst, P., Mooren, T. M., Kleber, R. J., de Jong, P. J., & Huntjens, R. J. (2019). Intergenerational consequences of the Holocaust on offspring mental health: a systematic review of associated factors and mechanisms. <i>European journal of psychotraumatology</i>, 10(1), 1654065. 10. Tedeschi, R. G., & Calhoun, L. G. (2004). " Posttraumatic growth: conceptual foundations and empirical evidence". <i>Psychological inquiry</i>, 15(1), 1-18. 11. Schnyder, U., Ehlers, A., Elbert, T., Foa, E. B., Gersons, B. P., Resick, P. A., ... & Cloitre, M. (2015). Psychotherapies for PTSD: what do they have in common?. <i>European journal of psychotraumatology</i>, 6(1), 28186 12. Kazlauskas, E. (2017). Challenges for providing health care in traumatized populations: barriers for PTSD treatments and the need for new developments. <i>Global health action</i>, 10(1), 1322399. 13. Van der Kolk, B. (2014). <i>The body keeps the score: Mind, brain and body in the transformation of trauma</i>. Penguin UK. 				

And other scientific articles selected by the lecturer.