



SYMPTOMS OF CRISIS & TRAUMA MICRO-CREDENTIAL

Gain a better understanding of the
immediate and long-term effects of trauma

*This programme may be completed as a
stand-alone micro-credential, or stacked with
(1) Intro to Crisis & Trauma,
(2) Crisis Interventions, and
(3) Effective Crisis & Trauma Management



INTRODUCTION

An emotional and physically traumatic experience can have a disruptive effect on a person's sense of contentment and wellbeing.

The immediate or delayed symptoms of trauma can go unnoticed, leaving the traumatised person disoriented and isolated.

This introductory course will help you gain a better understanding of the immediate and long-term effects of trauma to help those who have experienced crises and trauma in their lives.

COURSE DESCRIPTION

In this 2-week course, the complex array of symptoms associated with trauma will be explored. Crises such as natural disasters, acts of violence, and car accidents can all be traumatic.

This course will highlight how the effect of a traumatic event is dependent on many factors, including characteristics of the individual, the type and characteristics of the event(s), developmental processes, the meaning of the trauma, and related socio-cultural factors.

IS THIS COURSE FOR YOU?

This course is for you if you want to gain a better understanding of emotional and physical reactions to trauma.



TIME COMMITMENT:
10-13 hours weekly



DURATION:
2 Weeks



TOTAL COST:
R1,000 / US \$60

COURSE CONTENT

Over two (2) weeks, through videos, readings and discussions, you will explore the following topics:

Common reactions to trauma across domains (emotional, physical, cognitive, behavioural, social, and developmental) that can be associated with singular, multiple, and enduring traumatic events.

Common diagnoses associated with trauma: Post Traumatic Stress Disorder (PTSD) and Acute Stress Disorder (ASD).

How experiences of trauma can become associated with the onset of other trauma-related mental disorders with particular emphasis on the problem of related substance abuse.

The impact and experience of trauma from a cross-cultural perspective.

The delayed responses of trauma.

Analyse a case study and review the symptoms of crisis and trauma that were explored throughout this course.

COURSE OUTCOMES

By the end of this course, you will be able to:

Discuss traumatic stress symptoms (emotional, physical, cognitive, behavioural, social, and developmental).

Understand links between traumatic stress symptoms across various domains of human functioning.

Examine specific Trauma-related Psychological Disorders.

Explain other Trauma-related and Co-occurring disorders.

Explore cross-cultural interpretations of PTSD.

Learners create a portfolio of work that demonstrate their newfound knowledge and skills.

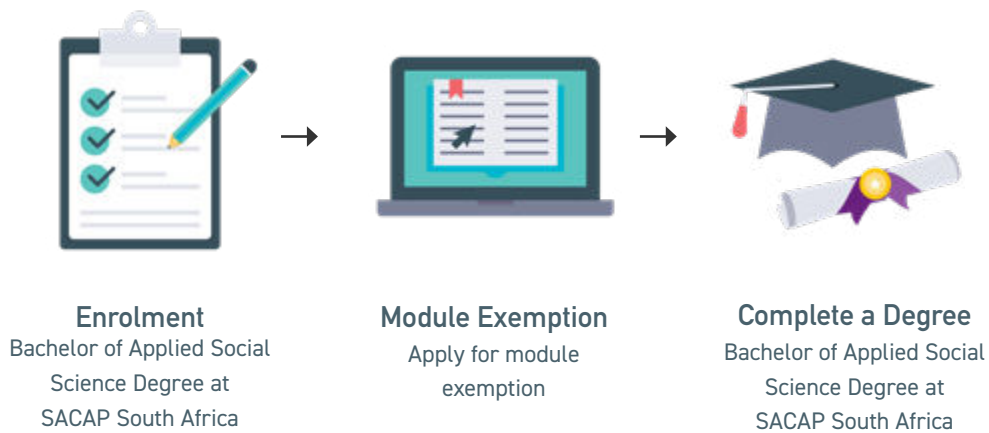


STACKABLE CREDENTIALS

Stack specified combinations of SACAP Global micro-credentials and they can be recognised as equivalent to a module within our degree programme at SACAP South Africa.



Symptoms of Crisis & Trauma can be stacked with [Intro to Crisis and Trauma](#), [Crisis Interventions](#), and [Effective Crisis and Trauma Management](#), and recognised as equivalent to a module within the Bachelor of Applied Social Science Degree. If you meet the minimum entrance criteria, you can enrol for the degree and apply for module exemption.



CERTIFICATION

Upon completion you will receive a digital certificate of competence and badge. Your certificate and badge can be shared to 100+ social media platforms, allowing you to share your achievement with a single click.



CREDENTIAL TYPE

This course has been designed and developed by experts in the field of psychology.

The OpenLearning team has reviewed the course to ensure quality academic learning within the Malaysian and Australian credentialing framework.

An [OpenLearning OpenCred](#) is a type of credential that can stand-alone, or interact with a formal qualification. OpenCred courses are market-leading online courses that prepare learners for the future of work.

The Crisis Interventions micro-credential has been designed for anyone needing to upskill in this area and offers 20 hours of learning and assessment. Learners study online with course facilitators and peers, and receive robust academic content, while acquiring practical industry-relevant skills.



For more information visit our website www.global.sacap.edu.za