

# TRAUMA STUDIES, CERTIFICATE

Requirements for an undergraduate certificate may be completed at any campus location offering the specified courses for the certificate.

## Program Description

This 18 credit certificate will provide the core information and competencies for students interested in pursuing research and applied experiences in trauma studies. The certificate is open to all majors; students will be provided with an interdisciplinary understanding of the psychological, historical, sociocultural, political, and physiological aspects of the effects of trauma. It will also provide students a greater understanding of the unique economic, occupational, physical, medical, and interpersonal needs of those recovering from trauma. The certificate is consistent with psychology program goals to develop clear career tracks for current students interested in the applied fields of psychology.

## What is Trauma Studies?

Experiencing a traumatic event such as war, urban violence, child abuse, sexual assault, domestic violence, accident, or natural disaster, is known to likely lead to a negative impact on psychological and physical health. Unfortunately, most people experience traumatic events during their lifetimes, making trauma studies one of the fastest growing areas in the social sciences.

## You Might Like This Program If...

- You are a Psychology major interested in a counseling or psychotherapy career.
- You are interested in research related to trauma and recovery.
- You are interested in interdisciplinary explanations of human behavior and recovery after trauma.
- You are in an allied health field and would like to better understand the impact of trauma on people's lives.
- You recognize that people recovering from trauma have unique emotional-health needs and want to help them.

## Program Requirements

To earn an undergraduate certificate in Trauma Studies, a minimum of 18 credits is required.

Code	Title	Credits
<b>Prescribed Courses</b>		
PSYCH 100	Introductory Psychology	3
PSYCH 442	Trauma and Resiliency	3
Select two of the following: 6		
HDFS 258		
KINES 81	Wellness Theory	
KINES 82	Action Methods for Stress Management	
NURS 464	Dying and Death	
PSYCH 243	Introduction to Well-being and Positive Psychology	
SOC 12	Criminology	
SOC 13	Juvenile Delinquency	
SOC 409	Racial and Ethnic Inequality in America	
WMNST 103	Racism and Sexism	

WMNST 423	Sexual and Domestic Violence	
Select two of the following: 6		
CMLIT 143	Human Rights and World Literature	
HIST 121	History of the Holocaust 1933-1945	
HIST 130	Introduction to the Civil War Era, 1848 through 1877	
HIST 173	Vietnam in War and Peace	
HIST 444	The United States in Civil War and Reconstruction--1850-1877	
PLSC 14	International Relations	
PLSC 91		
PLSC 123		
PLSC 132	The Politics of International Intolerance	
PLSC 155	Understanding Tyranny	
PLSC 436	Civil Wars	
PLSC 437	War in World Politics	
PLSC 439	The Politics of Terrorism	

## Certificate Learning Objectives

- Describe behaviors and mental processes from the major social science perspectives that impact trauma exposure and the development of traumatic stress.
- Explain the epidemiology of trauma, traumatic stress, and resiliency.
- Identify resiliency and vulnerability factors in traumatic stress disorder development, including the effects of biological, developmental, social, historical, and cultural factors.
- Describe the stages of recovery and the prevention and treatment options for trauma.

## Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

## Erie

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## Career Paths

The certificate in Trauma Studies can be pursued by most Penn State Behrend undergraduate students. It provides core competencies to students interested in pursuing research and applied experiences in trauma studies and offers an interdisciplinary understanding of the psychological, historical, sociocultural, political, and physiological aspects of trauma and recovery. Coursework builds a greater understanding of the unique economic, occupational, physical, medical, and interpersonal needs of trauma survivors. This certificate also can help you to develop a career track in the applied fields of psychology.

## Careers

Pursuing the certificate in Trauma Studies will help you to develop a deeper understanding of the psychological, historical, sociocultural, political, economic, and physiological effects of trauma. This specialization can offer you additional career opportunities within the field of psychology, counseling, education, political science, history, pre-medicine, human development and family studies, or sociology.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES WITH A CERTIFICATE IN TRAUMA STUDIES (<https://behrend.psu.edu/school-of-humanities-social-sciences/academic-programs-1/certificate-programs/trauma-studies-certificate/>)

## Opportunities for Graduate Studies

Clinical practice of trauma counseling requires education beyond a bachelor's degree. Penn State Behrend offers a Master of Arts degree program in Applied Clinical Psychology that includes optional preparation for the Licensed Professional Counselor (LPC) credential. Penn State Behrend also offers a graduate certificate in Trauma-Informed Psychotherapy that pairs with the M.A. in Applied Clinical Psychology.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (<https://behrend.psu.edu/school-of-humanities-social-sciences/academic-programs/master-of-applied-clinical-psychology/>)

## Professional Resources

- American Psychological Association (<https://www.apa.org/>)
- International Society for Traumatic Stress Studies (<https://istss.org/home/>)

## Contact

### Erie

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