



El Camino College
COURSE OUTLINE OF RECORD – Official

Subject:	PSYC
Course Number:	378
Descriptive Title:	Psychology of Stress, Illness, and Trauma
Division:	Behavioral and Social Sciences
Department:	Psychology
Course Disciplines:	Psychology
Catalog Description:	This course includes advanced critical analysis of the guiding beliefs of stress and illness as they affect the self. It also includes a vital exploration of the human experience in health, disease, and dying from the perspective of the self as a healthcare professional. Topics include contemporary theories and research, behavioral traits and characteristics, and the effect of our biopsychosocial perspectives on personal health, wellness, and disease within healthcare systems.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	Enrollment limited to students who are accepted into the Respiratory Care Baccalaureate Degree program.
Hours Lecture (per week):	3
Hours Laboratory (per week):	0
Outside Study Hours:	6
Total Course Hours:	54
Course Units:	3
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	
Transfer UC:	No
Effective Date:	
General Education ECC:	
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	

Other:	
Student Learning Outcomes:	<p>SLO #1 Understanding of Principles Analyze key principles, theories, and research in trauma, crises, resiliency, and self-care as related to personal and professional life situations.</p> <p>SLO #2 Assessment of Concepts Synthesize key concepts in health psychology in understanding the effects of stress, illness, disease, and trauma from the personal and professional perspective.</p> <p>SLO #3 Everyday Application Evaluate central concepts from the biopsychosocial model in the development of self-care programs for the healthcare professional.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Evaluate the biopsychosocial model that affects personal health and disease within healthcare professionals. 2. Analyze key principles, theories, and research in trauma, crises, resiliency, and self-care as related to personal and professional life situations. 3. Synthesize key concepts in health psychology in understanding the effects of stress, illness, disease, and death from the personal and professional perspective. 4. Synthesize central concepts from the biopsychosocial model in the development of self-care programs for the health professional.
Major Topics:	<p>I. Role and Risks of Healthcare Professionals (4.5 hours, lecture)</p> <p>A. Burnout B. Compassion Fatigue</p> <p>II. Health and Behavior (4.5 hours, lecture)</p> <p>A. Dualism Model B. Biopsychosocial spiritual Models</p> <p>III. Health Psychology and Person-Centered Care (4.5 hours, lecture)</p> <p>IV. Emotions and Health (4.5 hours, lecture)</p> <p>A. Anger B. Fear C. Depression D. Anxiety</p> <p>V. Communication (4.5 hours, lecture)</p> <p>A. De-Escalation B. Active Listening C. Therapeutic</p> <p>VI. Ethics (4.5 hours, lecture)</p>

	<p>A. Psychosocial Approach B. Culture Context C. Influence of Others</p> <p>VII. Trauma (4.5 hours, lecture)</p> <p>A. 1st Degree B. 2nd Degree C. Vicarious</p> <p>VIII. Stress and Disease (4.5 hours, lecture)</p> <p>A. Hazards of Practice B. Maslach</p> <p>IX. Death and Dying (4.5 hours, lecture)</p> <p>X. Meaning and Purpose in Service Work (4.5 hours, lecture)</p> <p>A. Maslow B. Dweck C. Frankl</p> <p>XI. Resilience (4.5 hours, lecture)</p> <p>A. Sustaining the Professional and Personal Self</p> <p>XII. Experiential Techniques (4.5 hours, lecture)</p> <p>A. Self-Reflection B. Relaxation C. Meditation</p>
Total Lecture Hours:	54
Total Laboratory Hours:	0
Total Hours:	54
Primary Method of Evaluation:	1) Substantial writing assignments
Typical Assignment Using Primary Method of Evaluation:	Review what you have learned in your readings about the range of behaviors associated with troublesome emotion, focusing on anxiety and depression. In a four- to six-page paper, discuss potential physiological pathways between unhealthy behavior and troublesome emotions from a personal and professional perspective.
Critical Thinking Assignment 1:	In a two- to three-page paper, list and analyze behaviors that you know help or hinder communication with family, patients, and/or colleagues. Why do they help or hinder?
Critical Thinking Assignment 2:	Examine the consequences of the challenges in the healthcare profession from personal and professional experiences. In a three- to four-page paper reflect on the importance of these consequences from each perspective.
Other Evaluation Methods:	Essay Exams, Multiple Choice, Objective Exam, Quizzes, Term or Other Papers
If Other:	
Instructional Methods:	Discussion, Guest Speakers, Lecture, Multimedia presentations

If other:	
Work Outside of Class:	Answer questions, Journal (done on a continuing basis throughout the semester), Required reading, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Textbooks:	T.M. Skovholt and M. Trotter-Mathison, <u>The Resilient Practitioner: Burnout and Compassion, Fatigue Prevention, and Self-Care Strategies for Helping Professionals</u> , 3 rd ed. Routledge, 2016. (Discipline Standard)
Alternative Textbooks:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Enrollment Limitations and Category:	Enrollment limited to students who are accepted into the Respiratory Care Baccalaureate Degree program.
Enrollment Limitations Impact:	

Course Created by:	Yun Chu
Date:	November 10, 2022
Original Board Approval Date:	01/17/2023