Class Activities

# Chapter 7: Stress, Trauma, and Psychopathology

1. The National Child Traumatic Stress Network and the National Center for PTSD and Second Edition of Psychological First Aid Field Operations Guide (189 pages)

<http://www.nctsn.org/content/psychological-first-aid>

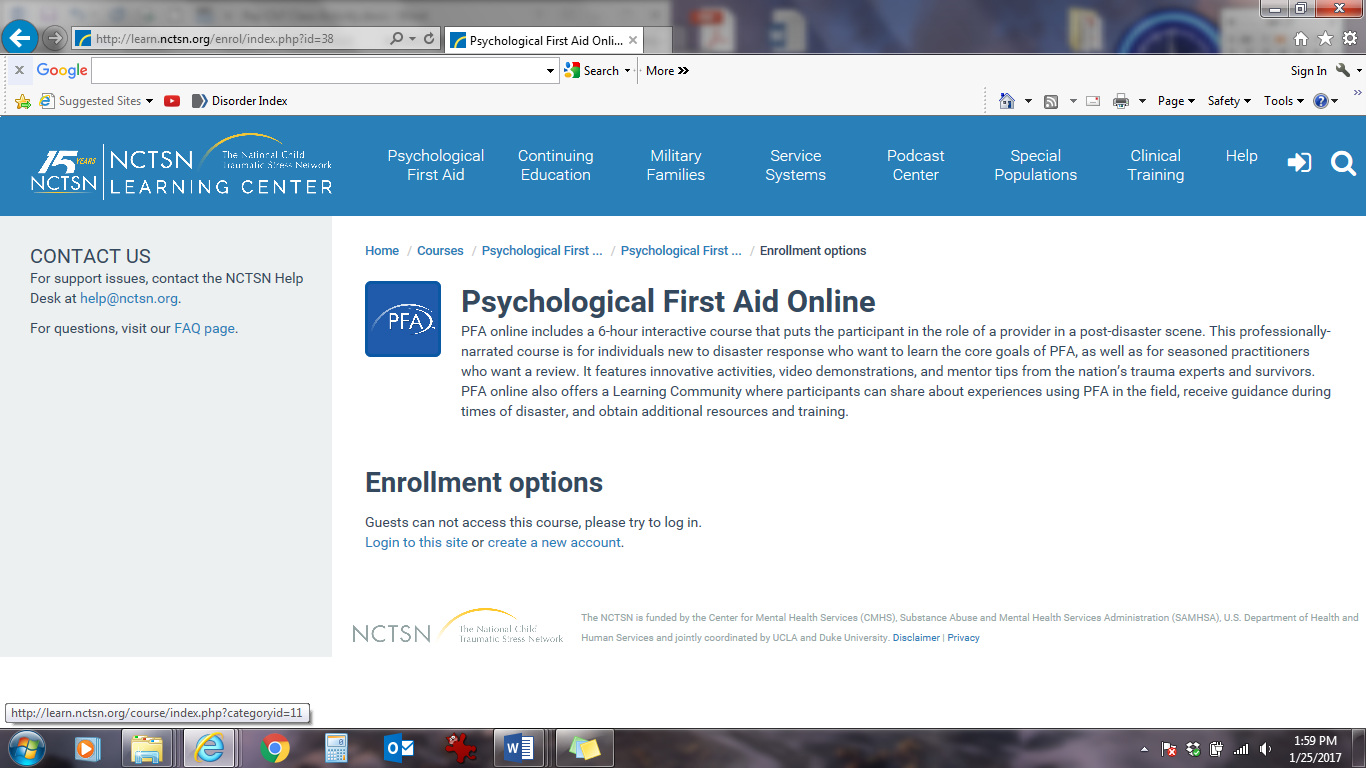
<http://www.nctsn.org/sites/default/files/pfa/english/1-psyfirstaid_final_complete_manual.pdf>

Work group of 5 students – assign a group to each topic and have each group summarize the topic information into 15-20 minute verbal presentations that will be provided to the entire class. You may assign this class activity as an extended class activity with recommended group meetings in-class as well as outside of class, where the students develop their presentations with PowerPoints and video examples.

* Introduction and Overview
* Preparing to Deliver Psychological First Aid
* The Core Actions 1 Contact and Engagement
* The Core Actions 2 Safety and Comfort
* The Core Actions 3 Stabilization
* The Core Actions 4 Information Gathering: Current Needs and Concerns
* The Core Actions 5 Practical Assistance
* The Core Actions 6 Connection with Social Supports
* The Core Actions 7 Information on Coping
* The Core Actions 8 Linkage with Collaborative Services

This assignment can be assigned individually and requires students to register and log in to PFA online includes a 6-hour interactive course. The assignment can be initiated in class for the first 15 minutes, and after each student completes the training outside the class, they can email course completion certification to you.

<http://learn.nctsn.org/enrol/index.php?id=38>



2. Visit the following Site – The ICD-10 Classification of Mental and Behavioural Disorders:

<http://www.who.int/classifications/icd/en/bluebook.pdf?ua=1>

Working in groups of 5 students, using your laptops and smart devices, compare and contrast DSM-5 and ICD-10 Description for Chapter Diagnoses. All groups are assigned all diagnoses below.

* Adjustment Disorders
* Acute Stress Disorders
* PTSD

|  |  |  |
| --- | --- | --- |
|  | DSM-5 Ray Textbook | ICD-10 |
| Description |  |  |
| Criteria |  |  |
| Benefits of using this system |  |  |

\*Expand table as needed.

3. Work group of 5 students – Identify 3 online videos from a documentary, health/mental health site, governmental institute, university, non-profit organization, hospital or clinic, or reputable news source topics relevant to the chapter: STRESS, TRAUMA, AND PSYCHOPATHOLOGY. See chapter outline for possible ideas. For example, the use of virtual reality in exposure therapy. Assign different topics to the various groups.

1. Title, author, affiliation, when posted, approximate age of resource and web link
2. Strengths of the video example
3. Limitations of the video example
4. They are to show the video to the class providing a summary of the group information obtained.