

Introduction to Psychological Trauma and Moral Psychology

Blended Intensive Programme “Alexandru Ioan Cuza” University, Iași, Romania

Call for partners

What is it about?

This program integrates theoretical knowledge, practical tools, and ethical considerations, emphasizing the complex intersection of trauma, moral psychology, and disability, while also addressing the importance of self-care for professionals in the field.

The program is designed to equip participants with the necessary tools for recognizing, assessing, and effectively managing trauma, while delving into the ethical considerations within these domains. Consisting of seven robust modules, this program navigates through various facets: **Module 1** initiates the journey with an insightful overview of psychological trauma and its intriguing connection with moral psychology. **Module 2** takes a nuanced approach, scrutinizing psychological trauma through a moral lens. It probes into the intricate moral dimensions of trauma, unraveling emotions like guilt, shame, and moral injury. Moving into **Module 3**, the focus shifts to the assessment of psychological trauma. It introduces psychometric assessments and interview methodologies crucial for evaluating trauma. While unveiling the tools, it critically examines ethical considerations and inherent limitations involved in trauma assessment. **Module 4** extends the discourse by elaborating on the diverse spectrum of psychological interventions available for trauma management. The program delves into ethical intricacies within psychological interventions in **Module 5**. It navigates the landscape of moral responsibility in therapy and grapples with ethical dilemmas. A pivotal addition to the program lies in **Module 6**, focusing on trauma within the context of disability. It meticulously unpacks the challenges surrounding the identification of trauma symptoms in individuals with disabilities. In **Module 7**, the program takes a reflective turn, emphasizing the significance of moral psychology and self-care for professionals working in trauma-centric fields. It delves into ethical self-care practices, strategies for mitigating moral distress and burnout, and encourages profound introspection into personal and professional moral values.

Overall, the proposed BIP not only imparts theoretical knowledge but also equips individuals with practical tools and ethical frameworks essential for navigating the intricate landscape of psychological trauma, moral psychology, and the unique challenges presented by trauma within the context of disability. Through its holistic approach, it aims to foster a deeper understanding and promote ethical and empathetic practices in trauma management while prioritizing the well-being of professionals in the field.

Where?

"Alexandru Ioan Cuza" University of Iasi, Romania

When?

27 - 31.05.2024

Who should attend?

This BIP would be highly beneficial for a wide array of academic professionals and individuals pursuing various disciplines within the academic field. Specifically, the program would be of great value to:

- a) **Psychology and counseling students, teacher, and practitioners**, since it provides a deeper understanding of trauma, ethical considerations in therapy, and specialized approaches needed for individuals with disabilities experiencing trauma;
- b) **Social work and human services professionals**: participants who are already engaged in social work, human services, and related fields would benefit from understanding culturally sensitive trauma approaches, especially for individuals with disabilities.
- c) **Education professionals**: Teachers, school counselors, and educators can gain insights into recognizing trauma in students, creating trauma-informed classrooms, and supporting students with disabilities who have experienced trauma.
- d) **Disability researchers**: Academics and researchers focused on disability studies can gain a more nuanced understanding of trauma's impact on individuals with disabilities and the ethical considerations involved in trauma research within this population.
- e) **Ethics and moral philosophy scholars**: Those specializing in ethics and moral philosophy can expand their understanding by exploring the complex moral dimensions of trauma and its implications for ethical decision-making in practice.
- f) **Students and professionals** engaged in interdisciplinary studies such as **public health, sociology, anthropology, law**, and related fields would benefit from this holistic understanding of trauma, morality, and disability.

Overall, the program's diverse content and **multidisciplinary approach** make it pertinent for individuals across various academic domains, providing a rich understanding of trauma, ethical considerations, and specialized interventions required in working with trauma-affected populations, especially those with disabilities.

Learning outcomes

The learning outcomes for participants engaging in this program encompass a wide range of theoretical knowledge, practical skills, and ethical considerations. These outcomes aim to equip individuals with a comprehensive understanding of psychological trauma, moral psychology, and trauma within the context of disability. More specifically:

- A) participants will gain a thorough understanding of the various manifestations, types, and underlying factors contributing to psychological trauma across different populations and age groups.
- B) participants will explore the intricate relationship between psychological trauma and moral psychology, understanding how moral development influences trauma experiences and ethical decision-making.
- C) participants will acquire skills to recognize trauma symptoms, including nuanced moral dimensions such as guilt, shame, and moral injury, and employ appropriate assessment

tools and ethical considerations in diverse populations, including those with disabilities.

- D) participants will learn about evidence-based therapeutic approaches for trauma, including CBT, EMDR, DBT, as well as alternative therapies like mindfulness and art therapy, understanding their adaptability and effectiveness in individuals with disabilities.
- E) participants will develop specialized knowledge regarding trauma experiences in individuals with disabilities, learning to recognize unique challenges and adapt evidence-based therapies while maintaining cultural sensitivity and ethical practices.
- F) participants will understand the importance of ethical self-care practices, strategies for preventing moral distress and burnout, and critically reflect on personal and professional moral values within the context of trauma work.

These learning outcomes aim to empower participants with a holistic understanding of trauma, ethical considerations, and specialized interventions necessary to address the complex needs of trauma-affected populations, particularly those with disabilities, while fostering ethical and empathetic practices within their professional domains.

Benefits

3 ECTS Credits

Course structure. Main topics

Module 1: Introduction to Psychological Trauma and Moral Psychology

- Overview of psychological trauma and its intersection with moral psychology
- Moral development and ethical frameworks in trauma studies
- Ethical considerations in trauma research and practice

Module 2: Recognizing Psychological Trauma through a Moral Lens

- Moral dimensions of trauma: guilt, shame, moral injury
- Moral distress and ethical conflicts in recognizing trauma
- Case studies exploring moral nuances in trauma recognition

Module 3: Psychological Trauma: Assessment Tools and Techniques

- Psychometric assessments for trauma evaluation
- Interview methods and protocols for trauma assessment
- Ethical considerations and limitations in trauma assessment

Module 4: Psychological Interventions for Trauma

- Evidence-based therapies
- Alternative approaches: mindfulness and art therapy
- Integrating treatments for complex trauma cases

Module 5: Moral Responsibility in Psychological Interventions

- Ethical considerations in trauma therapy and interventions
- Balancing autonomy and beneficence in treatment decisions
- Addressing moral conflicts in therapeutic relationships

Module 6: Trauma and disability

- Unique challenges in recognizing trauma symptoms in people with disabilities

- Case studies illustrating trauma experiences in individuals with different types of disabilities
- Adapted evidence-based therapies for individuals with disabilities experiencing trauma
- Caregiver perspectives and family dynamics in supporting trauma recovery
- Ethical considerations and cultural sensitivity in trauma assessment and treatment for diverse disabilities

Module 7: Moral Psychology and Self-Care for Professionals

- Ethical self-care practices for trauma workers
- Moral distress and burnout prevention strategies
- Reflection on personal and professional moral values