

Name : Nassim Charara

Course essentials

Course title : Traumatism spectrum

Short description

This course breaks down the causes behind a post traumatic syndrom disorder, helping others understand how to treat this syndrome, the mindset and the psychological strength as well we need to improve our resilience to prevent and overcome the intensity of this mental disease.

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

- 1- Define the scientific explanation of traumatism
- 2- Describe the types of a traumatic event
- 3- Describe the experience of the traumatic event : short term symptoms
- 4- List the symptoms for a long term traumatic, if the traumatic event still has an impact in the individual. What is called in the science community as "PTSD" (post traumatic syndrome disorder)
- 5- Understand how to treat PTSD
- 6- Identify individuals that are the most susceptible for PTSD : Risk factors

Curriculum outline

Module 1 : Scientific explanation of traumatism

Lesson 1.1 : Definition and introduction

Lesson 1.2 : Theory of traumatism

Lesson 1.3 : Theory of resilience

Module 2 : Types of traumatic events

Lesson 2.1 : Natural disasters

Lesson 2.2 : Accidents

Lesson 2.3 : Social : Bullying, violence, verbal aggression

Lesson 2.4 : Geo political : war

Module 3 : Short terms symptoms of a traumatic event (Acute Syndrom Disorder)

Lesson 3.1 : Discussing depressive symptoms of a traumatic event

Lesson 3.2 : Discussing anxiety symptoms of a traumatic event

Lesson 3.3 : Difference between ASD and PTSD

Module 4 : PTSD symptoms

Lesson 4.1: Depressive symptoms of PTSD

Lesson 4.2 : Anxiety symptoms of PTSD and others

Lesson 4.3 : Comorbidities with PTSD

Module 5 : Treatment of PTSD

Lesson 5.1 : Psychiatry sessions with a PTSD patient

Lesson 5.2 : Psychology sessions with a PTSD patient

Lesson 5.3 : Self care and social interaction with a PTSD patient

Lesson 5.4 : How to overcome ASD to prevent accessing to PTSD

Module 6 : Risk factors of PTSD

Lesson 6.1 : Lack of educational and emotional support

Lesson 6.2 : Genetics and life stressors

Lesson 6.3 : Previous traumas