

# Resilience and Trauma-Informed Perspectives, Certificate

## Learning Outcomes

Students who complete the certificate program will be able to:

- describe adverse childhood experiences (ACEs) and the influence they have on physical, mental, emotional, and spiritual outcomes in childhood and adulthood;
- identify their own trauma, if any, and learn how to process it to become healthier and more resilient in their own lives;
- describe resiliency, its dynamics, and ways to strengthen resiliency;
- analyze strategies to decrease or eliminate trauma in society including learning how to create trauma-informed organizations; and
- describe the impact of ACEs on communities and formulate strategies to prevent ACEs in communities and their field of practice.

## Requirements

The undergraduate Certificate in Resilience and Trauma-Informed Perspectives requires 18 s.h. of coursework. Students must maintain a grade-point average of at least 2.00 in work for the certificate.

The certificate may be earned by any student admitted to the University of Iowa who is not enrolled in a UI graduate or professional degree program. Undergraduate to Graduate (U2G) students may earn the certificate when the undergraduate classification is primary.

The Certificate in Resilience and Trauma-Informed Perspectives requires two core courses, both offered online. MyUI indicates if elective courses are offered in the classroom or online.

## Required Courses

Course #	Title	Hours
Both of these:		
SSW:2700/ PSQF:2700	Introduction to Understanding Trauma and Resilience	3
CSED:4173	Trauma Across the Lifespan	3

## Electives

Course #	Title	Hours
At least 12 s.h. from these:		
SSW:1200	Mental Health Across the Lifespan	3
SSW:3786/ ASP:3786	Death/Dying: Issues Across the Life Span	3-4
SSW:3796	Family Violence	3
SSW:3797	Child Welfare Policy and Practice	3

SSW:3900	Campus Sexual Assault: Policy, Prevention, and Intervention	3
ANTH:2164/ GHS:2164	Culture and Healing: An Introduction to Medical Anthropology	3
ASP:3150	Psychology of Aging	3
CCCC:2220	Foundations of Critical Cultural Competence	3
COMM:2015	Communication and Resilience	3
CRIM:3414	Criminology of Genocide	3
CRIM:3425	Women, Crime, and Justice	3
CRIM:4300	Gender and Violence	3
CSED:4113	Sleep, Sleep Deprivation, and Sleep Disorders	3
CSED:4131	Loss, Death, and Bereavement	3
CSED:4174	Positive Psychology	3
CSED:4176	Child Abuse: Assessment, Intervention, and Advocacy	3
GHS:3660	Social Environmental Health Risks and Community Engagement	3
OEH:4510/ CPH:4230/ EPID:4510	Injury and Violence Prevention	3
PSY:2701	Introduction to Behavioral Neuroscience	4
PSY:3075	The Damaged Brain	3
PSY:3330	Childhood Psychopathology	3
RHET:2350	Forensic Rhetoric (when topic is memory, storytelling, and archives)	3
SJUS:3400/ GWSS:3400	Advocacy and Engagement Colloquium	1-3
TR:2077	Children and Families in Healthcare	3

Independent study in the Rape Victim Advocacy Training Program (consult certificate coordinator)

Additional related courses (consult certificate coordinator for approval)

May include one of these:

SSW:3729	Substance Use and Abuse	3
SSW:4155	Treatment of Substance Use and Co-Occurring Disorders	3
CSED:4132	Introduction to Addictions and Impulse Control Disorders	3
CSED:4185	Introduction to Substance Abuse	3