

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 g.p.a. 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

Code	Title	Hours
Both of these:		
CSED:4173	Trauma Across the Lifespan	3
SSW:3700/ PSQF:3700	Introduction to Understanding Trauma and Resilience	3

Electives

Code	Title	Hours
At least 12 s.h. from these:		
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
SSW:5200	Grief Work with Individuals and Families (when topic is trauma-informed family practice)	2-3
ANTH:2164/ GHS:2164	Culture and Healing: An Introduction to Medical Anthropology	3
CCCC:2220	Foundations of Critical Cultural Competence	3
CSED:4113	Sleep, Sleep Deprivation, and Sleep Disorders	3
CSED:4131	Loss, Death, and Bereavement	3
CSED:4132	Introduction to Addictions and Impulse Control Disorders	3
CSED:4176	Child Abuse: Assessment, Intervention, and Advocacy	3
CSI:1490	Flip the Script	1
ENGL:1200	The Interpretation of Literature (when topic is identity, trauma, and resiliency)	3
ENGL:3444	Literatures of the American Peoples (when topic is writing trauma, imaging hope)	3
OEH:4510/ CPH:4230/ EPID:4510	Injury and Violence Prevention	3
PSQF:1027	Mindfulness Foundations in the Helping Professions	3
PSY:2701	Introduction to Behavioral Neuroscience	4
PSY:3330	Childhood Psychopathology	3
RHET:2350	Forensic Rhetoric (when topic is memory, storytelling, and archives)	3
THTR:2120	Movement: Special Topics (when topic is vinyasa yoga)	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:		
CSED:4185	Introduction to Substance Abuse	3
SSW:3729	Substance Use and Abuse	3