Changing lives through learning

Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Psychological Trauma

Graded Unit Reference Number: GA33PSY21

Ungraded Unit Reference Number: UA33PSY21

Module: Psychology

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the differing approaches to explaining psychological trauma	1.1 Provide a definition of trauma
	1.2 Explain cognitive, affective and behavioural responses to trauma
	1.3 Evaluate contrasting psychological explanations of trauma
2. Understand Post Traumatic Stress Disorder	2.1 Define and describe Post Traumatic Stress Disorder (PTSD) including the main symptoms of re-experiencing, avoidance, and hyperarousal
	2.2 Outline the incidence of PTSD in the general population
	2.3 Discuss factors that increase risk for PTSD
3. Understand the diagnosis and treatment interventions for trauma	3.1 Outline the concept of post-traumatic growth
	3.2 Describe the main treatments for PTSD
	3.3 Discuss how psychoeducation can be used to normalise trauma responses
	3.4 Evaluate contemporary treatments used for PTSD, such as EMDR and TFCBT

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