



COURSE OUTLINE: CYC305 - CYC METHODS IV

Prepared: Child and Youth Care Faculty

Approved: Karen Hudson - Dean

Course Code: Title	CYC305: CYC METHODS IV: TRAUMA FOCUSED THERAPIES
Program Number: Name	1065: CHILD AND YOUTH CARE
Department:	CHILD AND YOUTH WORKER
Academic Year:	2025-2026
Course Description:	This course examines various therapeutic approaches and philosophies with a particular emphasis on current best practices in trauma focused therapies. It includes opportunities for extensive practice and application of techniques and strategies, and builds on students prior knowledge and training in counselling skills and developmental processes.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	CYC253
Corequisites:	There are no co-requisites for this course.
Vocational Learning Outcomes (VLO's) addressed in this course:	1065 - CHILD AND YOUTH CARE
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Develop and maintain therapeutic relationships with children, youth and their families, respecting their unique life spaces, and applying the principles of relational practice to meet their needs
	VLO 2 Assess the strengths, developmental and holistic needs of children, youth and their families, using methods grounded in theoretical frameworks, research and therapeutic practices, to develop care and intervention plans.
	VLO 3 Develop and implement care and intervention plans appropriate for the therapeutic milieu using evidence-informed practices and research to provide support for children, youth, and their families.
	VLO 4 Use equitable and inclusive approaches that are anti-colonial, anti-oppressive, anti-racist, and strength-based frameworks, as well as cultural humility, to create positive and sustainable solutions and respond to inequities and to systemic barriers experienced by children, youth and their families.
	VLO 6 Employ communication, collaboration and relational skills with the inter-professional team and with community partners to ensure and enhance the professionalism of practice.
	VLO 7 Engage in self-inquiry, relational inquiry and critical reflection to develop strategies for learning and the practice of self-care, as a practitioner.
	VLO 8 Use professional development resources and supervision to increase professional capacity, learning and leadership skills.
	VLO 9 Adhere to relevant legislation and Child and Youth Care standards of practice, competencies, and codes of ethics as a practitioner.
	VLO 12 Develop the capacity to work with children, youth and families who identify with



Indigenous, Black, and racialized communities, as well as people in LGBTQ2+ and disabled communities, by identifying systemic inequities and barriers, integrating practices such as trauma-informed care, and respecting their inherent rights to self-determine.

Essential Employability Skills (EES) addressed in this course:

- EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 4 Apply a systematic approach to solve problems.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%, D

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Foster and utilize therapeutic environments which respect culture and which promote overall well-being and facilitate positive change for children, youths, and their families	1.1 Identify established trauma-focused counselling processes as they relate to children/youth/families 1.2 Demonstrate respect and genuineness in the simulated sessions
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Design and implement strategies, using trauma-informed practices that promote resiliency and enhance development in children, and youth	2.1 Demonstrate methods and techniques drawn from a variety of counselling theories related to trauma 2.2 Select strength-based techniques and strategies appropriate to the needs of the client and/or family, accounting for age, developmental status, cultural and/or ethnic background as well as the unique objectives of children and youth
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Communicate effectively in oral, written and nonverbal forms to enhance the quality of service	3.1 Plan and implement, clear, concise written, oral and electronic communications for diverse individuals, families and groups using anti-oppression language



	3.2 Identify and use communication technologies, including social media and adaptive technologies when appropriate, to promote professional communication and person-centered care 3.3 Explain complex concepts in ways that are understandable for and respectful of diverse individuals and groups
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Use evidence-based research to gain a solid understanding of trauma and how it impacts children, youth and their families.	4.1 Analyze behaviour using a trauma-informed perspective 4.2 Articulate key elements involved in creating a therapeutic milieu 4.3 Discuss the complexity of trauma and abuse 4.4 Describe the impact of trauma on brain and lifespan development 4.5 Identify resiliency and risk factors and their impact on trauma 4.6 Evaluate Child and Youth Care practices and interventions for treatment of trauma (e.g. use of life-space, relational practice, strength-based approaches)
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Develop and implement self-care strategies using self-inquiry and reflection processes to promote self-awareness and to enhance practice as a child and youth care practitioner.	5.1 Identify and use strategies to prevent and/or combat compassion fatigue, vicarious trauma, stress reactions and other occupational stressors associated with child and youth care practice, particular as it relates to working with trauma-related issues 5.2. Value self-care practices and integrate mindfulness, self-regulation and managing emotions and stress into ones own practice 5.3 Access and utilize appropriate resources and self-care strategies (i.e., cognitive/intellectual, physical, social, emotional, spiritual and financial) to enhance personal growth and professional practice

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	40%
Participation and Professional Practice	20%
Tests	40%

Date:

June 17, 2025

Addendum:

Please refer to the course outline addendum on the Learning Management System for further information.

