

PRELIMINARY SYLLABUS for PLANNING ONLY

Tentative Syllabus
January 2019
TRAUMA INFORMED RITUAL
for Self and Community II
RAFT8400-1
ON LINE

Students will be sent a revised syllabus and Moodle information January 2019.

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Office Hours: By appointment, please arrange via email
Minimum 6 -- Limit: 12
Location: On Line
Dates: Feb 4 - March 15 (6 weeks)
1.5 credits

I. Description:

Trauma Informed Ritual for Self and Community II is a half-semester online course that will invite students to expand their practical skills for identifying and leading compassionate, caring, and transformative rites for self, families and congregations/communities.

This online portion will include significant attention to integration of the January immersion, as well as resource development and the craft of ritual design for community crisis events.

Intended Audience: MDiv and MASC

Trauma Informed Ritual I is required for this course.

Relates to SKSM thresholds #1: Life in Religious Community and Interfaith Engagement, #5: Spiritual Practice and Care of the Soul, #7: Educating for Wholeness and Liberation, #8: Embodied Wisdom and Beauty. Relates to MFC competencies #1 Worship and Rites of Passage and #3: Spiritual Development for Self and Others.

II. Course Aims and Learning Objectives:

Aims

As spiritual communities come to greater understanding of the impact of trauma in individuals and collective life, this course will offer introductory tools for leaders to offer theologically grounded spiritual care, rituals of renewal and restoration and sustainable self-regulation tools for long term ministry.

Learning Objectives:

By the end of this course, students will:

- have an ability to design trauma informed rituals and worship services
- understand the principles of trauma informed leadership in spiritual community
- have increased awareness of resources for personal and collective sustainability

III. Format and Procedures:

Weekly Sessions will include reading, videos and writing assignments designed to integrate January Term learning and further explore the theories and concepts that support and equip leaders to respond to the impacts of trauma in their congregations and communities.

IV. Assumptions

With a context of Unitarian Universalist congregational settings and the practicalities of the SKSM community, we will seek to be a leadership laboratory. Students who seek to follow vocations as (ordained/professional) religious leaders will have the chance to speak, design, manage, reflect and evaluate the practices of creating just and sustainable community IN community. It is expected that students have also completed the ECO seminar and have a working familiarity with practices in the text: Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others (Lipsky/Burk)

V. Course Requirements:

1. Weekly participation in the online forums and voice thread conversations including short liturgical writing assignments and completion of an integrative final project.

2. Course readings (continued to be referenced from session I):

(a) Required text to read in advance:

The Age of Overwhelm: Strategies for the Long Haul, Laura van Dernoot Lipsky
Berrett-Koehler Publishers (July 10, 2018) \$17.95
Language: English
ISBN-10: 1523094737
ISBN-13: 978-1523094738

(b) Optional Text (choose one or more)

One or more prayer or poetry books that you find comfort in...
some suggestions:

Falling out of Grace: Meditations on Loss, Healing and Wisdom Sobonfu Somé
Publisher: North Bay Books (August 1, 2003)
Language: English
ISBN-10: 0972520023
ISBN-13: 978-0972520027

Opening to You: Zen Inspired Translations of the Psalms by Norman Fischer
Publisher: Penguin Books (February 25, 2003)

Language: English
ISBN-10: 9780142196137
ISBN-13: 978-0142196137
ASIN: 0142196134

The Pagan Book of Living and Dying: Practical Rituals, Prayers, Blessings, and Meditations on Crossing Over by Starhawk, M. Macha NightMare

Publisher: HarperOne; 1 edition (October 8, 1997)
Language: English
ISBN-10: 9780062515162
ISBN-13: 978-0062515162
ASIN: 0062515160

c) online resources

PRIMARY “TEXTS” WILL INCLUDE ARTICLES AND VIDEOS FROM www.ICTG.org posted on moodle. available January 2019.

Weekly readings and responses

sample 1: <https://view.publitas.com/ictg/a-pastoral-guide-for-response-to-collective-trauma-2018/page/1>

3. Assignments

(a) participate in online forums and voice thread (details on Moodle)

(b) participate in two “synchronous” class conversations during the 6 weeks and a final 1:1 conversation with the instructor

(c) final integrative project that demonstrates competence in trauma informed principles and leadership tools

4. Grading Procedures

It is expected that students will be following the SKSM student handbook guidelines and elect the P/F option. Narrative forms will be completed following the course.

VI. TENTATIVE Course Schedule

This course is designed as an online supplement to the January immersion. All assignments are required for the completion of the 1.5 credit experience.

Weeks - 1 & 2 CALMING

-review of Different Types of Trauma and Resources

-case study: types of prayers

(zoom meeting up #1)

Weeks 3 & 4 CONNECTING

-Connecting community resources and developing partnerships in your location

-local visit: funeral home, congregation, hospice or burial society

(zoom meet up #2)

Weeks - 5 & 6 COMMUNICATING

-articulating your own beliefs and reflecting on how one “practices what I preach”

-final projects due

(zoom meet up 1:1)