

# Trauma, Healing, and Conflict Resolution

## Conrad Grebel University College

Fall 2021  
PACS 331

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### Class Schedule

Section	Location	Time	Instructor(s)
PACS 331 001	ONLN - Online		Johonna McCants-Turner johonna.mccants- turner@uwaterloo.ca
	CGR 2202	Tuesdays & Thursdays 2:30 p.m. - 3:50 p.m.	

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### Instructor / TA Information

**Instructor:** Dr. Johonna McCants-Turner

*Associate Professor of Peace and Conflict Studies*

*Conrad Grebel University College at the University of Waterloo*

**Email:** johonna.mccants-turner@uwaterloo.ca

**Office Hours:** Tuesdays, 4 - 5 p.m. in CGR 2202: Meeting via video or outside can be arranged in advance by request.

*We acknowledge that we are living and working on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabeg and Haudenosanee peoples. The University of Waterloo is situated on the Haldimand Tract, the land promised to the Six Nations (Seneca, Cayuga, Onondaga, Oneida, Mohawk, Tuscarora) that includes six miles on each side of the Grand River.*

### Course Description

PACS 331

This course examines how the conflict resolution process can be impacted by trauma. With case examples from armed conflict to family violence, participants explore the emotional, physical,

and relational aspects of conflict to better understand the potential for interventions that promote peace and justice. Studies include causes, types, and impacts of trauma; cycles of interpersonal and societal violence; frameworks for healing; and exploration of apology, reconciliation, revenge, and forgiveness.

Prereq: Level at least 2A or Peace and Conflict Studies Diploma students

PACS 331 is a seminar course that will allow students to gain an understanding of theories, models, scholarship and practices of trauma and trauma healing related to the field of peace and conflict studies. For the fall 2021 term, case examples focus particularly on sources of cultural, historical and structural trauma including the ongoing impacts of colonialism and chattel slavery in Canada. The course will also give sustained attention to concepts and frameworks of healing justice, exploring the contributions of truth-telling, restorative justice, cultural and political activism, and other collective action to processes of resilience-building and healing.

**Teaching & Learning Methods:** As your professor for this course, I am primarily situated as a curator and guide (for e.g. sharing carefully selected resources to shape the learning process), a creator and facilitator (for e.g. crafting strategic learning activities and questions for reflection and dialogue), an expert-practitioner (for e.g. modeling practices and strategies, and embodying course values), and an educator-coach (for e.g. encouraging co-learners, and providing feedback for growth). Participants will read, watch videos, post virtual reading responses, participate in Peace Circles, write essays and blog, engage in exercises, attend community events (online or in-person), reflect, create/design, and connect with small groups, among other activities.

**As we journey together this term, I ask that you:**

- Attentively listen to others in a way that invites sharing, vulnerability, creative risk-taking, learning and growth.
- Acknowledge not only differences of perspective but also differences of proximity to the issues and topics of focus.

**CONTENT FORECASTING:** *PACS 331 centers issues and perspectives that may be challenging to read about, reflect on and discuss. Topics engaged include trauma, childhood abuse and neglect, poverty, colonialism, racism, gun violence, suicide, and other topics related to harm, violence and injury. Given the content, we will utilize healing-oriented practices and strategies in class. However, please keep in mind that this course is an educational rather than a therapeutic space. Participants should regularly access strategies for care and support, which may or may not include therapy, outside of class. Please let me know if you think that a particular topic may be overwhelming for you and/or you would like more information on what is planned for class on a given day.*

## Learning Outcomes

By the end of this course students should be able to:

Define traumatic stress, and distinguish among multiple types and sources of trauma.

Describe how trauma impacts individuals and groups, and identify common responses to traumatic stress.

Explain how unhealed trauma contributes to cycles of violence.

Propose pathways to healing that disrupt cycles of violence, particularly collective, assets-based approaches.

Evaluate the ability of restorative justice approaches to foster resilience and recovery in the wake of harm.

Reflect on historical harms through trauma healing frameworks, and participate in efforts toward transformation.

Utilize trauma-informed lenses, resilience-building strategies and healing-centered practices, beginning with oneself.

## **Tentative Course Schedule**

### **Schedule of Course Topics:**

Module 1: Opening session: Welcome & Introductions

Module 2: "Pandemic Trauma" & Process Spaces

Module 3: Defining Trauma, Resilience & Healing

Module 4: Trauma Impacts: Brains, Bodies & Behaviours

Module 5: Trauma, Cycles of Violence, & Restorative Justice

Module 6: Structural Trauma & "Radical Healing"

Module 7: Intergenerational Transmission of Trauma

Module 8: Trauma, Healing & Colonialism

Module 9: Trauma, Healing & Chattel Slavery

Module 10: Sexual Harms: Imagining Restorative Possibilities

Module 11: Trauma-Informed Organizations

Module 12: Closing Circle

### **Course Delivery:**

PACS 331 is a Blended course for the fall 2021 term. For DAY ONE of each module, students will complete online learning activities including watching videos, accessing audio or video

lecture materials, and posting to weekly message boards. For DAY TWO of each module, students will meet together (in-person) for dialogue related to the assigned content.\*

There are two sections of students alternating between in-class meetings\* and asynchronous online learning.

- **Section A** meets on **Thursdays**, beginning face-to-face on *Thurs., September 9. (Day 1: Tuesdays; Day 2: Thursdays)*
- **Section B** meets on **Tuesdays**, beginning *face-to-face on Tuesday, September 14. (Day 1: Thursdays; Day 2: Tuesdays)*

***\*PACS 331 has a Resilient Course Design. Class meetings will shift from in-person format to video conferencing format whenever circumstances necessitate such a change. Participants will be notified of changes to meeting format, location, and how to join the video meeting in two ways: an announcement posted to LEARN, and via email.***

## Texts / Materials

Title / Name	Notes / Comments	Required
Pranis: The Little Book of Circle Processes	e-book available	Yes
Yoder: The Little Book of Trauma Healing	Fully Revised and Updated Edition (2020) required; e-book available	Yes
Haines: Trauma Is Really Strange	e-book available	Yes
Ginwright: Hope and Healing in Urban Education	e-book available	Yes
Elliott: A Mind Spread Out On the Ground	2019 edition required; available in audio and e-book formats	Yes
Oudshoorn et al: Little Book of Restorative Justice for Sexual Abuse	e-book available	Yes

Required books are available through electronic and print reserves in the Milton Good Library located at Conrad Grebel University College, UWaterloo. Additional materials will be made available through LEARN.

## Student Assessment

Component	Value
Academic Blog Posts (4)	30%
Weekly Message Board - Weekly	25%
Community-Engaged Learning & Reflection Paper	15%
Class Summary & Reflections (2) - Rotating	5%

<b>Component</b>	<b>Value</b>
Scholarly Personal Narrative	25%

Descriptions and instructions for each assignment are made available to course participants via LEARN.

- The dropbox feature in LEARN will be used for submission, evaluation, and feedback of major papers and projects.
- If you are interested in completing an arts- or media-based project in lieu of a paper, let me know at least two weeks before the assignment is due. An approved written proposal is required to confirm mutual clarity on the project and agreement that the project fulfills the assignment objectives. In the case of arts/media-based projects, a separate grading scheme may be used that is specifically designed for arts-based work in peace studies.
- Submitting an assignment on time is one component of the assignment. Therefore, late papers will have points deducted unless an extension, requested in advance by the student has been approved, or exceptional circumstances apply. The standard deductions for late work are as follows:
  - One day late: - 5%
  - Each additional day: - 1%
- Respectful class engagement is imperative to a healthy classroom where everyone can focus and learn. Students who negatively impact the learning environment (for example, through distracting use of cellphone, laptop or other tech devices) will be asked to make additional contributions to class (for e.g. 5-minute class presentations on the topic of focus) as a way of helping to mitigate loss of learning and/or repair any harm caused.

## **Assignment Screening**

Text matching software (Turnitin) will be used to screen assignments in this course. This is being done to verify that use of all material and sources in assignments is documented. In the first week of the term, details will be provided about the arrangements for the use of Turnitin and alternatives in this course. See Administrative Policy below for more information and links.

## **Notice of Recording**

### **Remote Teaching and Learning: STUDENT NOTICE OF RECORDING**

The following section will apply in the case of online class sessions conducted via Zoom, particularly those that involve lectures or guest speakers.

Activities for this course involve recording, in partial fulfillment of the course learning outcomes. You will receive notification of recording via at least one of the following

mechanisms: within the Learning Management System (LEARN), a message from your course instructor, course syllabus/website, or other means. Some technologies may also provide a recording indicator. Images, audio, text/chat messaging that have been recorded may be used and/or made available by the University to students in PACS 331 for the purpose of accessing content from guest speakers or instructor lectures. Recordings will be managed according to the University records classification scheme, [WatClass](#), and will be securely destroyed when no longer needed by the University. Your personal information is protected in accordance with the [Freedom of Information and Protection of Privacy Act](#), as well as [University policies and guidelines](#) and may be subject to disclosure where required by law.

The University will use reasonable means to protect the security and confidentiality of the recorded information, but cannot provide a guarantee of such due to factors beyond the University's control, such as recordings being forwarded, copied, intercepted, circulated, disclosed, or stored without the University's knowledge or permission or the introduction of malware into computer system which could potentially damage or disrupt the computer, networks, and security settings. The University is not responsible for connectivity/technical difficulties or loss of data associated with your hardware, software or Internet connection.

By engaging in course activities that involve recording, you are consenting to the use of your appearance, image, text/chat messaging, and voice and/or likeness in the manner and under the conditions specified herein. (In the case of a live stream event, if you choose not to have your image or audio recorded, you may [disable the audio and video functionality](#). Instructions to participate using a pseudonym instead of your real name are included where the feature exists; however, you must disclose the pseudonym to your instructor in advance in order to facilitate class participation.) If you choose not to be recorded, this notice serves as confirmation of your understanding that you may let the instructor know if your preference before the class session commences, and turn off your camera and video, if recording takes place.

You are not permitted to disclose the link to/URL of an event or an event session recording or copies of recording to anyone, for any reason. Recordings are available only to authorized individuals who have been directly provided the above instructions/link for their use. Recordings for personal use, required to facilitate your learning and preparation of personal course/lecture notes, should not be shared with others without the permission of the instructor or event coordinator. Review the University's [guidelines for faculty, staff and students entering relationships with external organizations offering access to course materials](#) for more information on your obligations with respect to keeping copies of course materials. For more information about accessibility, connect with [AccessAbility Services](#).

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## Administrative Policy

**Inclusive Language:** Inclusive language practices include but are not limited to: using desired names and pronouns, using person-first language (e.g. a person with a disability), and refraining from stereotypes, and terms that assume someone's identity (e.g. gender, sexuality, religion). PACS 331 is a learning community in which inclusive language should be used as a trauma-informed practice; we acknowledge mistakes are a part of learning journeys.

**Class participation:** Attendance and participation in live class sessions enhances the learning experience for everyone. Students who can not attend class due to mandatory self-isolation as a result of illness, known or suspected contact with someone who has Covid-19, etc., will not be penalized in any way. These students will be able to access summaries and reflections of each in-class section to be prepared by peers as a part of the coursework.

**Health & Safety measures:** All participants are required to stay 2 metres apart and wear masks that fully cover the nose, mouth and chin when indoors. Distancing and masking must also be maintained for small group work. If a student is unable to wear a mask due to medical or other reasons, they must present their accommodation to the instructor in advance. Unmasked students without evidence of accommodations will be unable to remain in class.

**Outdoor meetings:** Whenever weather permits, PACS 331 will meet outdoors (seated in lawn chairs) adjacent to the Conrad Grebel University College building. Masks may be removed outdoors. However, faculty and students must maintain 2 metres of distance. If it is not possible to maintain 2 metres of distance, masks must be worn properly (covering mouth, nose, and chin) in the outdoor setting. This policy also applies to work in pairs and small groups.

**Computer-free sessions:** Most in-class sessions will include the use of a structured approach to dialogue called Circle Process, which involves sitting in a circle without desks or tables. For this reason, students are strongly encouraged to bring notebooks, rather than computers, for in-class sessions.

**Academic integrity:** In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. [Check [the Office of Academic Integrity](#) for more information.]

**Grievance:** A student who believes that a decision affecting some aspect of their university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70, Student Petitions and Grievances, Section 4](#). When in doubt, please be certain to contact the department's administrative assistant who will provide further assistance.

**Discipline:** A student is expected to know what constitutes academic integrity to avoid committing an academic offence, and to take responsibility for their actions. [Check [the Office of Academic Integrity](#) for more information.] A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about "rules" for group work/collaboration should seek guidance from the course instructor, academic advisor, or the undergraduate associate dean. For information on categories of offences and types of penalties, students should refer to [Policy 71, Student Discipline](#). For typical penalties, check [Guidelines for the Assessment of Penalties](#).

**Appeals:** A decision made or penalty imposed under [Policy 70, Student Petitions and Grievances](#) (other than a petition) or [Policy 71, Student Discipline](#) may be appealed if there is a ground. A student who believes they have a ground for an appeal should refer to [Policy 72, Student Appeals](#).

**Note for students with disabilities:** [AccessAbility Services](#), located in Needles Hall, Room 1401, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with AccessAbility Services at the beginning of each academic term.

**Turnitin.com:** Text matching software (Turnitin®) may be used to screen assignments in this course. Turnitin® is used to verify that all materials and sources in assignments are documented. Students' submissions are stored on a U.S. server, therefore students must be given an alternative (e.g., scaffolded assignment or annotated bibliography), if they are concerned about their privacy and/or security. Students will be given due notice, in the first week of the term and/or at the time assignment details are provided, about arrangements and alternatives for the use of Turnitin in this course.

It is the responsibility of the student to notify the instructor if they, in the first week of term or at the time assignment details are provided, wish to submit alternate assignment.