

Delaware State University

# HEALING TRAUMA

from an African-Centered Healing Approach

ONLINE CERTIFICATE PROGRAM



Healing Trauma from an African-Centered Healing Approach is an online certificate program comprised of six courses with the goal to give students the opportunity to explore healing from an African-centered paradigm that is different than the mainstream world view and values that undergird standard therapeutic approaches. This alternative healing paradigm is designed to build resilience in children, adults and communities exposed to trauma and toxic stress.

## PROGRAM GOALS

- Through an African-centered healing approach, participants will analyze and orient socio-emotional, behavioral, mental health assessments, and interventions that can be distinguished from other trauma treatment.
- Build a repertoire of strategies to support healing centered engagement.
- Understand the biopsychosocial spiritual manifestations of trauma particularly when intersected with racism.
- Demonstrate the approach ethically and professionally in diverse communities and subcommunities.

## AUDIENCE

The audience for this certificate is students currently enrolled at Delaware State University and community members who are working with children and families – including nurses, social workers, psychologists, police and firefighters, teachers, day care workers, other social service providers and more.

## CERTIFICATE COURSES

### Healing Trauma from an African-Centered Healing Approach Certificate

Course Number	Course Name	Credits	Prerequisites
PSYC-301	Black Psychology	3	None
PSYC-350	African-Centered Healing	3	Black Psychology
PSYC-351	Trauma and Self-Care	3	Black Psychology African-Centered Healing
PSYC-418	Special Topics	3	Black Psychology African-Centered Healing Intro to Trauma
PSYC-435	Practica in Applied Psychology	3	Black Psychology African-Centered Healing Intro to Trauma
SCWK-409	Intro to Trauma and Social Work Practice	3	Black Psychology African-Centered Healing Intro to Trauma Self-Care and Professional Resilience Special Topics

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