

**Proposed Syllabus Text/Student guidance regarding sensitive content
From Dr. Mary Bower, Psychology Department**

Please consider adding this language to your syllabus when course content may include potentially traumatic material or references.

Although you are encouraged (but only if you wish or feel comfortable) to reflect upon and make mention of specific traumas that you or others have experienced as a part of your personal reflection and Discussion Board postings, the goal of this module is NOT to go into detail about individual traumas you or others have experienced, but instead to take the broad view of looking at the theme of cumulative trauma exposure and its long terms impacts in terms of mental and physical health and psychosocial functioning that may influence health outcomes (self-efficacy, adherence to treatment recommendations, health behaviors, etc.).

For your own benefit, I want to stress that the place to delve deeply into personal experiences of trauma is a therapy setting, where those experiences can be processed in a one-on-one way that is therapeutic. That is not possible in the classroom setting, so please refrain from detailed personal disclosures that could become triggering to yourself or others. If anyone anticipates that this module will be triggering to them, or experiences distress or patterns of rumination at any point in the module, please immediately reach out to me personally so I can connect you with personal resources.