Traumas are frightening, often dangerous, and/or violent conditions that are experienced as overwhelming to a family and/or any or all of its individual members. Traumas have a range of impacts on individual family members, their relationship with each other, and overall family functioning. Violence occurring within the family is considered as one of the most traumatic experiences for individuals. This introductory course is intended to help participants understand the nature and impact of family violence, as well as various adaptive and maladaptive ways that the family and its individual members react and cope with the traumatic experience. An overview of general support strategies will also be discussed.

This introductory course does NOT include training of psychological treatments of family violence.

**Course Outline**

Day 1  Violence within the Family I  
- Understanding violence  
- Violence against children  
- Intimate partner violence  

Day 2  Violence within the Family II  
- Violence against elders  
- General support strategies to individuals  
- Family and community support strategies

**Who Should Attend**

This introductory course is designed for human service providers, including teachers, nurses, counsellors, psychologists, social workers, and people working in the family, child welfare and mental health sectors as well as human resources personnel. Advanced students in the above related fields are also welcome.

**Prerequisites**

Basic knowledge about the psychology of human development.

**Enquiries**

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**Faculty Member**

Professor Catherine So-kum Tang is Professor in the Department of Psychology and Deputy Director of the Center for Family and Population Research at the National University of Singapore. She obtained her PhD in Clinical Psychology from the University of North Texas in 1987. She was the Director of Clinical Training Programs in Singapore and Hong Kong and of several postgraduate programs: the MA program in Trauma Psychology, Postgraduate Diploma in Family Violence, and Postgraduate Diploma in Life Adversities in Hong Kong. She was also one of the co-founders of the Asian Society for Traumatic Stress Studies and Asian Cognitive and Behavior Therapy Association. Professor Tang is an active researcher with over 300 peer-reviewed academic publications, book chapters, books, and conference presentations on addictive behaviors, violence against women, family violence, and other trauma stress studies.