Ctrl+Alt+Del: PTSD and Neuroplasticity

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Out of Class

In Class (Instructor)

In Class (Students)

Begin Here.

Class 1
15 min

Instructor:

- Introduces the idea of physiological changes resulting from trauma using **Video Clip 1 and 2**
- Shows **Video Clip 3** discussing mindfulness as therapy to trauma
- Poses the question: can mindfulness therapy actually reverse physiological effects of trauma in the brain through neuroplasticity?
- Describes the debate activity to the class
- Provides students with guidelines and criteria for the debate activity*
- Chooses 3-5 students (depending on the size of the class/teams) to act as judges for the debate

*Student guideline and evaluation criteria are outlined in 'Debate Instructions' PDF

5 min

Class divides into two teams of 5-7 students:

- **Team 1**: mindfulness therapy can rewire the brain to treat trauma
- **Team 2**: mindfulness therapy cannot rewire the brain to treat trauma

Students:

- Research information for their team
- Take notes of important facts and references

*Research prompts are outlined in 'Debate Instructions' PDF

01

Class 2
25 min

Each team:

- Chooses a notetaker, moderator, and 2 presenters*
- Discusses their research
- Puts together an argument (5 minutes in length)

*Roles are outlined in 'Debate Instructions' PDF

02

Instructor regroups the class and the debate begins

10 min

Each team:

- Chooses 1 student to present their argument
- Presents their argument to the class (5 minutes)

03

Judges take notes on arguments from each team

Instructor acts as a moderator to keep the teams on time

10 min

Teams come up with a rebuttal to their opponent's argument

02

10 min

Each team:

- Chooses another student to present their rebuttal
- Presents the rebuttal to the class (maximum 5 minutes)

03

Judges take notes on rebuttals from each team

10 min

Judges:

- Discuss their notes
- Evaluate each team's argument
- Choose a winning team*

*Criteria are outlined in 'Debate Instructions' PDF

04

10 min

As a class,**instructor**:

- Summarizes arguments from both teams
- Discusses mindfulness and neuroplasticity* with **Video Clip 4 and 5**

*Answer to the debate question is outlined in 'Debate Answer' PDF

- Individual Work
- Work in Groups
- Whole Class
- Research
- Writing
- Discussion
- Debate
- Instructor Evaluation
- Instruction
- Video