

# Psychology (SSPY)

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## Courses

### **SSPY 305. Psychology of Resilience. 3 Credits.**

In this course students gain a broad overview of the development and evolution of the field of psychology and in particular the recently developed theory of positive psychology. They explore the concept of resiliency and its role in dealing with trauma. Students learn skills and techniques to address psychological trauma that may result from a range of settings including military, firefighting, or First Responder. Pre-requisite: none.