Module Name: Psychotherapeutic Skills and Mental Health Nursing
Module Code: NU1P04
ECTS: 5
No. of Hours: Lectures 17, Tutorials 3
Term: Hilary
Assessment Date: Weeks 36-38
Module Leader: Dr Eddie McCann
Lecturers: Dr Eddie McCann and Gerry Maguire

Aims

Communication skills are the foundation for all effective mental health nursing interventions. Learning from experience is crucial for the development of our own nursing practice. Self awareness and reflection are essential for the development of communication skills and the enhancement of professional practice. With these factors in mind this module will integrate theory, practice and skills development, with a particular emphasis on experiential learning.

Learning Outcomes

Following completion of this module the student should be able to:

- Develop social skills that demonstrate warmth, respect and basic empathy including verbal and non-verbal communication
- Discuss the skills necessary for effective communication with clients their families or carers in clinical practice
- Identify the different types of questions and when they may be used
- Explore the skills associated with seeking permission when assisting clients with their care needs
- Identify choices with regard to appropriate professional interventions

Indicative Content

Identification of verbal and non-verbal communication skills; explanation skills and identification of factors that lead to misunderstandings and communication breakdown; using different types of questions to gain information; exploration of useful interventions when caring for people with various mental health problems. Psychotherapeutic frameworks: Humanistic Rogers (1961) and Heron’s (2001) Six Category Intervention Analysis, the therapeutic and non-therapeutic application of authoritative/directive and facilitative interventions.

Teaching and Learning Activities

- Lectures
- Tutorials
Student Effort Hours

- 100

Assessment

Mode of Assessment  Seen Examination
Assessment Details  2 hours
                   Answer 2 questions out of 3

Reading List

Essential Reading


Recommended Reading