Module Name: Psychotherapeutic Approaches and Mental Health Nursing
Module Code: NU2P01
ECTS: 5
No. of Hours: Lectures 20, Tutorials 5
Term: Michaelmas
Assessment Date: Week 21
Module Leader: Jean Morrissey
Lecturers: Jean Morrissey

Aims
This module will build on the knowledge and application of interpersonal skills and Heron’s (2001) communication framework taught in year one. The focus of this module is to examine the underlying principles and practice of different psychotherapeutic frameworks/approaches commonly used in mental health care when working with clients [service users], families and groups who are experiencing mental health problems. Each approach will be examined in terms of its theoretical approach and application with people experiencing mental health problems across the life span.

Learning Outcomes
- Describe the key principles and application of psychotherapeutic approaches commonly used in mental health care
- Discuss the application of different psychotherapeutic frameworks with different client groups
- Discuss some of the factors that may influence the use of different theoretical frameworks in clinical practice
- Demonstrate the application of key skills / principles of one psychotherapeutic approach of your choice.

Indicative Content
Psychotherapeutic Frameworks: Overview of key theoretical assumptions underpinning the following psychotherapeutic frameworks Person Centred Therapy; Cognitive Behaviour therapy; Family therapy; Group therapy; Psychodynamic principles

Application of psychotherapeutic skills in clinical practice: Empathy, Unconditional Positive Regard, Genuineness; Defence mechanisms, Transference and Countertranference, Resistance; Genograms, Circular questioning; Group dynamics, Factors to consider in setting-up and facilitating therapeutic groups; Cognitive schemas; ABC model (Ellis 1977), challenging mistaken beliefs; Behavioural interventions
Teaching and Learning Activities

- Lectures
- Practicals
- Directed learning

Student Effort Hours

- 100

Assessment

Mode of Assessment  Assignment
Assessment Details  2,000 words

Reading List

Essential Reading


Recommended Reading


