

MONTANA STATE UNIVERSITY
COLLEGE OF NURSING
Master Resource Outline

N526 Family Mental Health Nursing II

Credits: 6 (3 lecture; 3 clinical lab)

Semester Offered: Summer

Prerequisite: N525

Co-requisite: N529

Course Description: In this course students will explore the conceptual and theoretical foundations for psychotherapy, including selected therapeutic modalities for individuals, group psychotherapy, and the integration of multicultural skills for health promotion and management of mental health problems and psychiatric disorders. Emphasis will be placed on working with individuals and groups across the lifespan within culturally diverse environments.

Course Objectives:

1. Analyze the advanced nursing practice role in the utilization of psychotherapeutic modalities for family members with mental health problems across the life span.
2. Assess and interpret the mental health treatment needs of family members across the lifespan based on an understanding of biological, psychosocial, and developmental theories.
3. Formulate advanced nursing strategies for the use of specific psychotherapeutic modalities for family members across the life span based on biopsychosocial theories, evidence-based standards of care, and practice guidelines.
4. Implement advanced nursing strategies using specific psychotherapeutic modalities in the treatment of mental health problems and psychiatric disorders for individuals and families across the lifespan.
5. Evaluate the effectiveness of nursing strategies used to provide mental health care for family members across the life span.
6. Incorporate knowledge about culture and ethnicity into the development, implementation, and evaluation of nursing strategies.
7. Apply legal and ethical principles to the development, implementation, and evaluation of nursing strategies.
8. Use research evidence in the development, implementation, and evaluation of nursing strategies.

Recommended Content and Concepts:

1. Theoretical foundations for psychotherapeutic modalities including
 - a. Psychodynamic therapies
 - i. psychoanalytic, Adlerian, transactional analysis, etc.
 - b. Cognitive-behavioral therapies
 - i. rational emotive, dialectical behavioral, reality, etc.
 - c. Humanistic-existential therapies

- i. existential, person-centered, gestalt, etc.
 - d. Nursing therapies
 2. Multi-cultural counseling competencies
 3. Group process and dynamics
 - a. Types of groups
 - i. Psychotherapy groups
 - ii. Psychoeducational groups
 - iii. Brief therapy groups
 - iv. Process groups
 - v. Peer support groups
 - b. Group theory
 - i. Yalom, Cory & Cory
 - c. Forming and facilitating groups
 - i. Group structure and size, phases, roles, termination
 4. Research Utilization
 - a. Standards of Care
 - b. Evidence-Based Practice
 - c. Practice Guidelines
 - d. Current Trends in Research
 - e. Future Directions
 5. Legal / Ethical
 - a. Competency
 - b. Confidentiality
 - c. Privacy
 - d. Malpractice
 6. Role and Scope of Advanced Nursing Practice

Examples of learning activities:

- Clinical work with preceptors
- Lecture
- Readings
- Discussion
- Written exams
- Written, self -reflective activities
- Clinical logs
- Case studies
- Case presentations and analysis
- Group seminars with clinical faculty
- Role playing

Approved by GAAC: April, 2008

Approved by Faculty: August, 2008