

MODULE DESCRIPTOR

Module Title

Therapeutic Interventions In Mental Health Nursing

Reference	NU2558	Version	3
Created	October 2018	SCQF Level	SCQF 8
Approved	June 2015	SCQF Points	15
Amended	October 2018	ECTS Points	7.5

Aims of Module

To facilitate the student to begin to apply evidence, models and therapeutic approaches that are central to mental health nursing and to explore a range of challenges that may arise in mental health nursing.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Outline a range of factors that can influence the therapeutic nature of mental health nursing.
- 2 Explain the evidence-base that supports the role of mental health nurses in delivering psychological and psychosocial interventions.
- 3 Apply therapeutic skills that are relevant to a range of psychological and psychosocial interventions.
- 4 Outline how psychiatric models and perspectives shape the provision of treatment and care and impact on the experience of patients and informal carers.
- 5 Inform future practice decisions through supervised exploration of clinical experiences and personal performance using a range of methods and tools.

Indicative Module Content

Therapeutic role & use of self, therapeutic engagement - indicators and evidence; Self-awareness, the role and practice of clinical supervision; Managing relationships effectively, working therapeutically with groups and effectively within teams; Challenges and issues in relation to values-based and recovery-focussed mental health nursing; Psychiatric models - biomedical, humanistic, critical psychiatry, anti-psychiatry; Service user movement; Informal carers' roles and experience in mental health context; Applying nursing and therapeutic models to personal and professional practice; Identifying a range of evidence to inform practice decisions; Practise strategies, techniques & skills in relation to mindfulness & compassion-based approaches, cognitive behavioural approaches, psychodynamic approaches and mentalisation, cycles of change and motivational interviewing.

Module Delivery

Seminars, workshops, tutorials and skills sessions.

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Indicative Student Workload

Contact Hours

Full Time

40

Part Time

N/A

Non-Contact Hours

110

N/A

Placement/Work-Based Learning Experience [Notional] Hours

N/A

N/A

TOTAL

150

N/A

*Actual Placement hours for professional, statutory or regulatory body***ASSESSMENT PLAN***If a major/minor model is used and box is ticked, % weightings below are indicative only.***Component 1**

Type:

Coursework

Weighting:

100%

Outcomes Assessed:

1, 2, 3, 4, 5

Description:

Essay.

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Essay.

Module Grade

Minimum Requirements to achieve Module Grade:

A

C1 = A

B

C1 = B

C

C1 = C

D

C1 = D

E

C1 = E

F

C1 = F

NS

Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module

Successful completion of Stage 1 or equivalent.

Corequisites for module

None.

Precluded Modules

None.

INDICATIVE BIBLIOGRAPHY

- 1 BAER, R.A., ed., 2006. *Mindfulness-based treatment approaches: clinician's guide to evidence base and applications*. Burlington, MA: Elsevier.
- 2 BATEMAN, A., BROWN, D. and PEDDER, J., 2010. *Introduction to psychotherapy: an outline of psychodynamic principles and practice*. Hove: Routledge.
- 3 BENNETT-LEVY, J. et. al., eds., 2010. *Oxford guide to low intensity CBT interventions*. Oxford: Oxford University Press.
- 4 CARERS TRUST, 2013. *The triangle of care. Carers included: a guide to best practice in mental health care in Scotland*. London: Carers Trust.
- 5 NHS EDUCATION FOR SCOTLAND (NES) and SCOTTISH RECOVERY NETWORK (SRN), 2007. *Realising recovery learning materials*. Edinburgh: NES/SRN.
- 6 ROSENGREN, D.B., 2009. *Building motivational interviewing skills: a practitioner workbook (applications of motivational interviewing)*. New York, NY: Guilford Press.
- 7 ROYAL COLLEGE OF NURSING (RCN), 2014. *Frontline first: turning back the clock? RCN Report on Mental Health Services in the UK*. London: RCN.
- 8 THOMAS, P., 2014. *Psychiatry in context: experience, meaning & communities*. Monmouth: PCCS Books.