

MODULE DESCRIPTOR

Module Title

Psychotherapeutic Mental Health Nursing Practice

Reference	NU2212	Version	1
Created	February 2024	SCQF Level	SCQF 8
Approved	May 2024	SCQF Points	15
Amended		ECTS Points	7.5

Aims of Module

To develop students' understanding and use of psychotherapeutic skills and approaches, self-reflection, and clinical supervision to enhance their mental health nursing practice.

Learning Outcomes for Module

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

- 1 Distinguish between a range of psychotherapeutic skills and approaches used in interactions.
- 2 Use a variety of psychotherapeutic skills and approaches within the context of relationships and interactions.
- 3 Determine the importance of engaging in reflective practice and clinical supervision.

Indicative Module Content

Therapeutic models and talking therapies; Narrative approaches and formulation; Core conditions and other interpersonal therapeutic skills; Introduction to therapeutic use of self; Collaborative working and shared decision making; Group Dynamics; Clinical supervision and reflection; Self-care.

Module Delivery

Blended learning approach including lectures, seminars, tutorials, workshops, and online learning.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	40	N/A
Non-Contact Hours	110	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

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
 Description: Written assignment.

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Written assignment.

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	None in addition to SCQF 8 entry requirements or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 GRANT, A. and GOODMAN, B., 2018. *Communication and Interpersonal Skills in Nursing*. 4th ed. Sage.
- 2 MILLER, W.R. and MOYERS, T.B., 2021. *Effective Psychotherapists: Clinical Skills that Improve Client Outcomes*. New York: Guilford Press.
- 3 WRIGHT, K.M. and MCKEOWN, M. 2018. *Essentials of Mental Health Nursing*. Sage.