

MODULE DESCRIPTOR

Module Title

Evaluating and Enhancing Psychotherapeutic Mental Health Nursing

| | | | |
|-----------|---------------|-------------|--------|
| Reference | NU3379 | Version | 1 |
| Created | February 2024 | SCQF Level | SCQF 9 |
| Approved | May 2024 | SCQF Points | 30 |
| Amended | | ECTS Points | 15 |

Aims of Module

To facilitate students to assess and enhance their psychotherapeutic practice.

Learning Outcomes for Module

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

- 1 Review the evidence base for various psychotherapeutic approaches.
- 2 Explain the rationale for using different psychotherapeutic approaches within the context of complex relationships and interactions.
- 3 Assess their own psychotherapeutic skills and identify areas for development.

Indicative Module Content

Evidence for various psychotherapeutic models and approaches; Therapeutic use of self; Practising and assessing own and others psychotherapeutic skills; Complexities of relationships and interactions in mental health nursing; Personal development planning and self-care; Responding to complex group dynamics.

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 | 260 | N/A |
| Placement/Work-Based Learning Experience [Notional] Hours | N/A | N/A |
| TOTAL | 300 | 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 assessment.

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Written assessment.

| 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 9 entry requirements or equivalent.
 Corequisites for module None.
 Precluded Modules None.

INDICATIVE BIBLIOGRAPHY

- 1 ANDERSON, S.K. and HANDELSMAN, M.M., 2021. *Positive Ethics for Mental Health Professionals: A Proactive Approach*. 2nd ed. Wiley-Blackwell.
- 2 EVANS, N. and HANNIGAN, B., 2016. *Therapeutic Skills for Mental Health Nurses*. McGraw-Hill Education.
- 3 MILLER, W.R. and MOYERS, T.B., 2021. *Effective Psychotherapists: Clinical Skills that Improve Client Outcomes*. New York: Guilford Press.
- 4 SANDERS, P., and TOLAN, J., 2023 Eds. *People Not Pathology. Freeing Therapy from the Medical Model*. Monmouth. PCCS Books Ltd