NURS 6640: Psychotherapy with Individuals

Program Overview
The Psychiatric Mental Health Nurse Practitioner (PMHNP) is an advanced practice registered nurse trained to provide a wide range of mental health services to patients and families in a variety of settings. PMHNPs diagnose, conduct therapy, and prescribe medications for patients who have psychiatric disorders, medical organic brain disorders, or substance abuse problems. They are licensed to provide emergency psychiatric services, conduct psychosocial and physical assessment of their patients, develop and manage treatment plans, and provide ongoing manage patient care. They may also serve as consultants or as educators for families and staff. The PMHNP has a focus on making a psychiatric diagnosis, differentiates between medical disorders with psychiatric symptoms, and orders appropriate medications to treat various psychiatric disorders. A PMHNP can often practice autonomously, depending on state licensure laws.

Course Description
Psychotherapy involves giving more than “good advice.” For the psychiatric mental health nurse practitioner (PMHNP) to be effective, deliberate approaches to therapy must be used that are consistent with evidence-based practices. Learners in this course are introduced to a variety of therapeutic techniques that can be used during psychotherapy sessions with individuals across the lifespan. Emphasis is placed on evidence-based applications of various therapeutic approaches for a wide range of psychiatric issues. The focus of the practicum experience is on psychotherapeutic approaches with individuals.

Credit & Practicum Hours
Quarter Credit Hours: 5 credits
- Didactic – 3 credits
- Practicum – 2 credits

Practicum Hours:
Students Enrolled Before Spring 2018: This course requires a minimum of 144 practicum hours.
Students Enrolled After Spring 2018: This course requires a minimum of 160 practicum hours.

Course Learning Outcomes
- Evaluate evidence-based psychotherapeutic counseling theories
- Apply psychotherapeutic counseling techniques and tools
- Assess clients presenting for psychotherapy
- Develop psychiatric diagnoses for clients across the lifespan
- Evaluate the use of psychopharmacological agents with clients across the lifespan
- Evaluate ethical and legal implications of counseling clients presenting for psychotherapy
- Analyze strategies to become a social change agent for psychiatric mental health

MSN Learning Outcomes
At the end of this program, students will be able to:
1. Synthesize organizational/systems leadership for cost-effective specialist nursing practice that contributes to high-quality healthcare delivery, advancement of the nursing profession, and social change.
2. Critique evidence-based literature drawing from diverse theoretical perspectives and pertinent research to guide decision making that demonstrates best practices for specialist nursing practice in a global society.
3. Integratively assess, diagnose, plan, implement, and evaluate cost-effective healthcare strategies that reduce health disparities by patient/population advocacy for access to specialist nursing care.
4. Demonstrate ability to effectively communicate using audience-specific oral, written, and information technology for professional delivery of specialist nursing care.
5. Evaluate health needs of diverse populations for necessary teaching/coaching functions based on specialist nursing knowledge to restore/promote health and prevent illness/injury.
6. Exhibit ongoing commitment to professional development and value of nursing theories/ethical principles (altruism, autonomy, human dignity, integrity, social justice) in accordance with ethically responsible, legally accountable, specialist nursing practice.
7. Implement specialist nursing roles to promote quality improvement of patient-centered care in accordance with professional practice standards that transform health outcomes for diverse populations.