

Psychotherapy Essentials

Background & Sources

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Psychotherapy Essentials in
Mental Health Nursing



Nursing Context



Psychotherapy Essentials in
Mental Health Nursing

The scope of practice of mental health nurses in Australia encompasses a wide range of nursing roles, functions, responsibilities, accountabilities, activities and creativities, modalities and innovations; and is founded upon ethical decision-making. This diversity is fundamental to promoting optimal physical and mental health; preventing physical and mental illness; and **providing therapeutic interventions and treatment** to support the physical and mental health preferences and needs of individuals, communities and population groups.

Mental Health Nurses in Australia
SCOPE OF PRACTICE 2013 &
STANDARDS OF PRACTICE 2010



Psychotherapy Essentials teaches a relational approach to psychotherapy, emphasising evidenced based skills designed to sit within nursing's broad practice scope and wide range of activities. This approach provides both a psychotherapy context for MHN and mid range psychotherapy knowledge compatible with further specialist learning



– **lifelong learning** e.g. additional specialist training in psychotherapy, family therapy or focused psychological strategies.

Psychotherapy as treatment for illnesses?

**Reflects
evidence
derived mainly
from
randomised
control trails**

- **CBT** Cognitive Behavior Therapy
- **DBT** Dialectical Behavior Therapy
- **SFT** Solution Focused Therapy
- **MBT** Mentalization Based Treatment
- **ACT** Acceptance & Commitment Therapy
- **TFP** Transference Focused Therapy
- **ST** Schema Therapy

These therapy modalities come with specified intervention protocols that clinicians should adhere to if they are delivering the therapy in an evidenced based manner. These protocols are also known as *Specific Therapy Factors*, or the factors considered essential for reducing symptoms and achieving illness remission by each particular modality.

Psychotherapy as support for personal recovery?



Psychotherapy Essentials in
Mental Health Nursing

**Requires new
evidence
derived from
practice**

CHIME Recovery Framework

*Connectedness;
Hope and optimism about the future;
Identity; Meaning in life; Empowerment.*

Recovery frameworks suggest less protocol and more to dynamic approaches, such as therapeutic exploration and meaning making.

They rely on critical thinking regarding clinician-consumer power, equity, human rights, consumers' & carers' beliefs about health, their explanatory models in relation to distress and, support for their decisions

Psychotherapy Aims

- Treatment focused psychotherapies aim to reduce illness symptoms and where possible achieve illness remission
- Psychotherapy Essentials suggests that nurses redirect the aims of psychotherapy toward recovery rather than treatment per se
- Instead of seeking to reduce illness symptoms, psychotherapeutic nursing supports human capabilities

Human Capabilities

Martha Nussbaum

Capabilities reflect a person's "personality traits, intellectual and emotional capacities, states of bodily fitness and health, internalised learning, skills of perception and movement".

Capabilities emerge in an environment that nurture:

Education, Physical and emotional health,

Support for family care and love

As capabilities emerge they become observable in what a person becomes able *to do* and *to be*

Psychotherapy Approaches

Contextual Psychotherapy Model

Bruce Wampold

Identifies the factors, common within all evidenced based psychotherapies, that have the the largest effect sizes:

- Goal consensus → Empathy
- Creating positive expectation → Alliance
- Collaboration → Positive regard/affirmation
- Adaption to suit cultural needs
- Natural style/congruence/genuineness

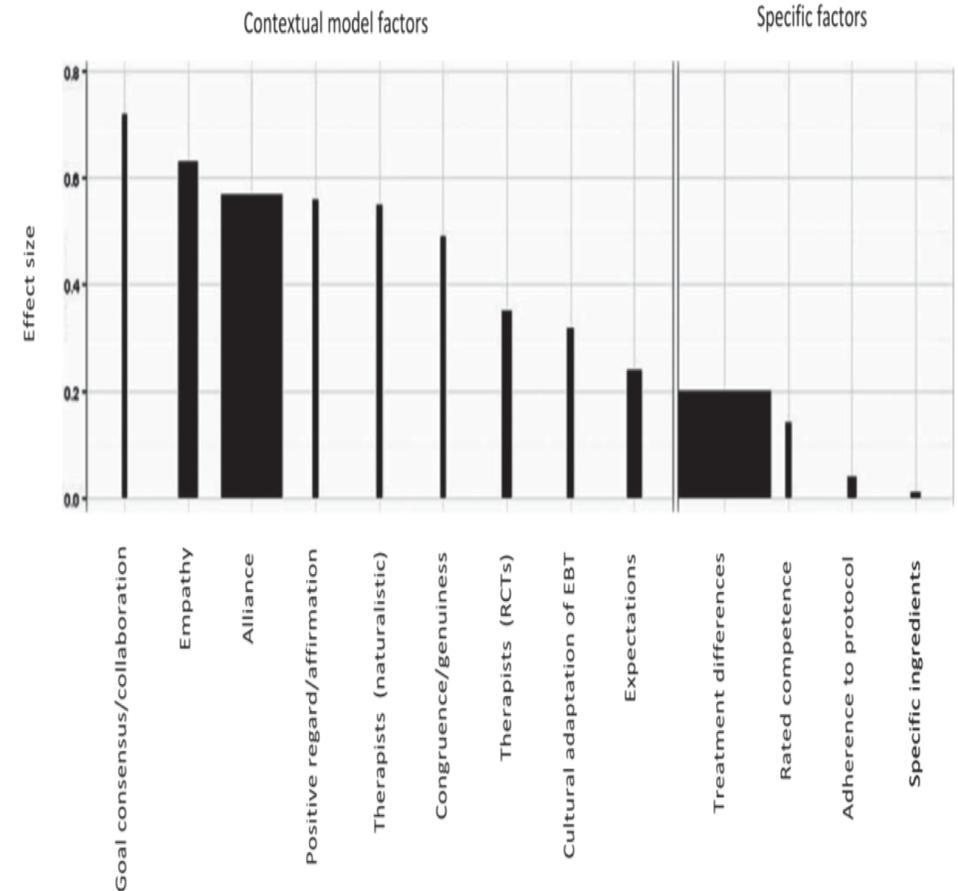


Figure 1 Effect sizes for common factors of the contextual model and specific factors. Width of bars is proportional to number of studies on which effect is based. RCTs – randomized controlled trials, EBT – evidence-based treatments

Mental Health Nursing Approaches

Nursing scholarship points to a range of therapeutic nursing activities

- Relating at the human level
- Presence, closeness and proximity
- Openness to peoples concerns and ways of coping
- Being unafraid of emotional involvement
- Expressing openness, kindness, understanding, warmth and authenticity

Resulting in

- Increased sense of meaning
- Increased exploration of coping
- Lowered risk of violence
- Decreased aggression
- Less objectifying

Psychotherapy Essentials in Mental Health Nursing - Summary

- Supports personal recovery
 - *connectedness; hope and optimism about the future; identity; meaning in life; and empowerment (CHIME)*
- Practices common evidence based psychotherapy factors
 - *goal consensus, collaboration, empathy, alliance, positive regard/affirmation, natural style/congruence/genuineness, adaption to suit cultural needs, and creating positive expectation*
- Nurtures consumer capabilities
 - *physical and emotional health, education, support for family care and love*
- Connects to mental health nursing scholarship
 - *links to humanistic interpersonal approaches detailed in a wide range of nursing literature*

Therapeutic conversation prompts

What has happened to you?

What do your experiences mean for you?

What do you want to do?

How do you want to be?

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Psychotherapy Essentials

*Going from the Virtual to the Real:
A journey from compassion to
connection in the classroom*

Dr. Finbar Hopkins
Centre for Psychiatric Nursing

Context: from the Virtual to the Real

- *In March 2018 PEMHN went 'live' for 5 weeks of online learning this was followed by the classroom teaching at Shepparton Mental Health Service for another 5 weeks.*
- *This presentation will discuss the translation of Psychotherapy Essentials from the Learning Management System (LMS) at the University of Melbourne to the classroom with a Peer Worker, Consumer Consultant and 12 Community Mental Health Nurses at Shepparton.*

und



SETTING THE SCENE: Arriving in the Classroom



Observers: Consumer Enrichment



SETTING THE SCENE: Contextualising the content discussion

*The discussion of
operationalising
PEMHN will be
framed by Gibbs
Reflective Cycle
(1988)*

<https://www.brookes.ac.uk/students/upgrade/study-skills/reflective-writing-gibbs/>



Description: What happened?

A photograph of five wooden blocks arranged in a row on a wooden desk, spelling out the word "TEACH". The blocks are light-colored with black letters. In the background, there are several stacks of books, some with colorful covers, and a teal-colored wall.

T E A C H

Getting the message across



Role plays, real plays
reflections and
discussions

Dadirri

(n.) the concept of deep, inner listening; a 'tuning in' experience to deeply understand the beauty of nature.

Australian Aboriginal

Source:

https://www.google.com.au/search?q=Deep+Listening+and+Dadirri+images&rlz=1C1GCEA_enAU805AU805&tbm=isch&source=iu&ictx=1&fir=k4WDUQd9vImo8M%253A%252CFUOLiEKYMwpf1M%252C_&usg=__qm1j9G8N-MwhXcQrEYIn7yA2ZH4%3D&sa=X&ve

Feeling: What were you
thinking and feeling?



Evaluation: What was good and bad about the experience?







Analysis: What sense can you make out of the situation?



Evaluation

What was good and bad about the experience?

Conclusion

What else could you have done?



Action plan: If it arose again what would you do?



Thursday 10
Friday 10
Saturday
Sunday



PASSION LED US HERE

Thank
you!



- It has been extremely beneficial in my practice especially with clients with complex or challenging issues. Really enjoyed it.
- It has changed the way I see things, the way I practice.