

**Lesson plan of the clinical unit of family psycho-nursing interventions**

<b>Unit Specifications</b>							
Course type: Clinical 0/5 unit	Lecturer: Dr. Narjes Mousavizadeh						
Students: Master's degree in Psychiatric Nursing, 3rd semester, academic year: 2023-2024							
Prerequisite or concurrent: Consultation in psychiatric nursing, Adult psychiatric disorders							
<b>Course Description</b>							
<ul style="list-style-type: none"> <li>By using psycho-nursing interventions in family care, through establishing an effective relationship with the patient's family members by the student in the presence of the instructor, how to use psychotherapy theories in the family, intervention in crisis in order to create Necessary changes are made in tensions, crises and role conflict resolution, which in turn lead to effective performance and improvement of individual and family health.</li> </ul>							
<b>Main Goal</b>							
Guiding students through the application of family psychotherapy theories and going through the stages of problem solving at different levels of prevention, in order to meet the needs of clients and improve their health in the family in a practical way at the bedside of mental patients with various diagnoses.							
<b>Behavioral Goals</b>							
Behavioral Goals (Psychomotor Domain):							
At the end of the course, the student is expected to be able to:							
<ol style="list-style-type: none"> <li>To evaluate the situation of a needy or problematic family in the society.</li> <li>Diagnose family problems.</li> <li>To effectively communicate and interact with the family in order to solve problems by applying the theories of psychotherapy, family therapy and problem solving.</li> <li>Present the results of the psychiatric nursing interventions in the form of a written presentation report.</li> </ol>							
<b>Student expectations/ Course rules</b>							
<table border="1"> <thead> <tr> <th><b>How to do clinical work</b></th> </tr> </thead> <tbody> <tr> <td><b>Clinical internship</b></td> </tr> <tr> <td>Presence at the bedside of mental patients in the psychiatry departments of men and women</td> </tr> <tr> <td>Convening a family therapy meeting after making the necessary arrangements with all the patient's family members to attend; And based on the standard principles of family therapy by students with the help of an instructor</td> </tr> <tr> <td>Implementation of the stages of family therapy, including the stage of setting goals, familiarization and introduction, the stage of conflict resolution, the stage of work based on the theories of family therapy, and the conclusion stage, by students with the help of an instructor</td> </tr> <tr> <td>Continue the meetings to achieve the goals of the family in need</td> </tr> </tbody> </table>		<b>How to do clinical work</b>	<b>Clinical internship</b>	Presence at the bedside of mental patients in the psychiatry departments of men and women	Convening a family therapy meeting after making the necessary arrangements with all the patient's family members to attend; And based on the standard principles of family therapy by students with the help of an instructor	Implementation of the stages of family therapy, including the stage of setting goals, familiarization and introduction, the stage of conflict resolution, the stage of work based on the theories of family therapy, and the conclusion stage, by students with the help of an instructor	Continue the meetings to achieve the goals of the family in need
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<b>of help</b>
<b>Summarizing and concluding with the participation of patients and their families</b>
<b>Submit a written report to the department</b>

<b>How to evaluate students</b>	
<b>The subject of evaluation</b>	<b>Grade</b>
<b>Attending the training days on time</b>	<b>1 mark</b>
<b>Compliance with the rules and regulations of the internship environment</b>	<b>1 mark</b>
<b>Establishing correct therapeutic communication with patients</b>	<b>2 marks</b>
<b>Applying the principles of family therapy based on theories</b>	<b>4 marks</b>
<b>Organizing and managing at least one family therapy session independently</b>	<b>6 marks</b>
<b>Submitting a written report of the meeting to the professor</b>	<b>6 marks</b>
<b>Total Scores</b>	<b>20</b>

**Note: The date of the internship is determined with the coordination of the students, and absence from the internship is considered incomplete.**

### References

- Michael Nichols and Showaltz. Family therapy techniques (concepts and methods). Translated by Dr. Dehghani and colleagues. Tehran: Danje Publications.
- Minuchin and Fishman. Family therapy techniques. Translated by Dr. Bahari. Tehran: Rushd Publications.
- Scientific and up-to-date books, resources and articles related to psycho-nursing, principles of family therapy, principles of group therapy and group dynamics.
- Goldberg, I, Goldberg H. Family therapy: An Overview. Australia: Brooks/ ColeCengage learning, (Last Edition).
- [Nichols](#) M, [Davis](#) S. Family Therapy: Concepts and Methods, 11th Edition. Amazon Book Clubs (Last Edition).