

Course plan for family psychiatric nursing interventions

Course details	
Course type: Theory 1/5 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	
Lesson description	
<ul style="list-style-type: none"> This course teaches students the necessary knowledge and skills to apply psycho-nursing interventions in family care at different stages of life, by creating an effective relationship with the family at different levels; Familiarity with psychotherapy theories and how to apply them in groups and families, intervening in crisis in order to create the necessary changes in tensions, crises and resolve conflict of roles which itself causes performance. It includes being effective and improving the health of the individual and the family. 	
Main Goal	
Introducing the family as an open social system to students and guiding them through the application of family psychotherapy theories and going through problem-solving stages at different levels of prevention, in order to meet the needs of clients and improve their health in the family.	
Behavioral goals	
At the end of the course, the student is expected to be able to:	
<ol style="list-style-type: none"> Describe the history and types of family and family therapy. To explain the stages and conditions of family formation (marriage, importance, purpose, general and specific conditions of the couple and the principles of skills that guarantee a successful marriage). Analyze the family as an open social system. List the effective internal and external factors affecting it (structure, performance, role, decision-making, and communication, cultural and social factors). Explain the roles, duties and functions of the family. Compare the characteristics of healthy and unhealthy families. Explain the skills of healthy living in the family using the Health Promotion model. State the family life cycle. Define family psychotherapy. Explain general psychological theories. List the characteristics of the therapist in family psychotherapy. Explain the uses and types of family psychotherapy methods. State the goals of family psychotherapy in each period of the life cycle. To explain the application of theories that emphasize the behavioral, communication, structural, emotional, systemic and belief patterns of the family. Describe the stages of family psychotherapy (examination, recognition, treatment and nursing interventions). Explain the stages of problem solving in the family at different levels of prevention with emphasis on conflict resolution and roles in the family (Role Conflict Resolution). To explain various tensions and crises (evolutionary, transitional and situational) in the family and strategies to reduce tension and intervene in crisis. Describe the family focusing on the problems of children, teenagers and the elderly. 	

19. Identify family violence.
20. Apply psycho-nursing interventions in families with mental patients.
21. Describe the family focusing on mental illnesses.
22. Use intervention in the family focusing on mental disorders (anxiety, depression, addiction to drugs, alcohol and care giving diseases).
23. To identify the family suffering from social damage.
24. Design the rehabilitation of the family suffering from social damage.

How to teach and evaluate

How to teach
In person
Assignments, conferences and team work
Questions and answers, Supplementary discussions about the subjects
Online teaching in the LMS system if needed

How to evaluate students	
Evaluation subject	Score
Active participation in class meetings	2 marks
Answers to questions	2 marks
Presentation of assignments, Conference or team work	4 marks
Final exam (testing, descriptive)	12 marks
Total Scores	20

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/ Cole engage learning, (Last Edition).
- [Nichols](#) M, [Davis](#) S. Family Therapy: Concepts and Methods, 11th Edition. Amazon Book Clubs (Last Edition).

Shahid Beheshti School of Nursing and Midwifery

Academic Calendar			
Meeting	Teacher	Topics	Date and Time
1	Dr. Mousavizadeh	History and types of family and family therapy, family formation, family as an open social system and internal and external factors affecting it	Sunday, 13-15
2	"	Stages of family development	"
3	"	Communication patterns in the family	"
4	"	Family psychotherapy, general psychological theories, therapist characteristics, its uses and types of methods, the application of theories that emphasize the family's behavioral pattern, stages of family psychotherapy	"
5	"	The stages of problem solving in the family at different levels of prevention with an emphasis on resolving conflicts and roles in the family, various tensions and crises and ways to reduce them in the family, focusing on the problems of children, adolescents and the elderly	"
6	"	Family violence	"
7	"	Psychiatric nursing interventions in families with mental patients, families focusing on mental illnesses, interventions in families focusing on mental disorders, families suffering from social damage and family rehabilitation	"
8	"	Family therapy midterm exam	"
9	"	Child abuse	"
10	"	Divorce	"
11	"	Marriage counseling	"
12	"	Student conference	"

