

Course plan for group 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">Undoubtedly, the field of treating human ailments is one of the most challenging specialized fields, and psychotherapy is also considered one of the most important due to its direct relationship with physical and mental health. Group and family psychotherapy tries to provide a suitable platform for solving people's psychological problems by providing a more natural environment. In this lesson, you will get acquainted with the basic topics and important concepts of the group process and learn how to use these concepts as a group leader when working with different groups.	
Main Goal	
Transferring necessary knowledge and information to students in the field of group therapy principles and its application in different stages, in order to recognize the needs, problems and abilities of the group members and to create correct interactions within the group, within the framework of the nursing process at different levels.	
Behavioral goals	
At the end of the course, the student is expected to be able to:	
<ol style="list-style-type: none">1. Define group therapy.2. Explain the goals and structure of the group.3. Describe your leadership in the group.4. Explain the important points in group formation, including time, place, group size, group members, etc.5. Know the theories of group therapy and explain their application by citing practical examples.6. Describe the group process and its steps.7. Enumerate and compare the roles and responsibilities of the group members and leader.8. To analyze the growth and dynamics of the group.9. List the facilitating factors in the group therapy process.10. Describe group limitations, resolve intra-group conflicts, and create self-awareness and insight in the group.11. Explain the communication in the group.12. Describe the stages of intra-group development in patients with mental disorders, inpatient and outpatient.13. Explain the use of group therapy in mental disorders.14. Explain the place of group therapy in psychiatric nursing.15. Explain group rehabilitation (recreational, therapeutic activities, sports and therapeutic activities, etc.).16. Explain group discussion and teaching in group method.17. Compare intervention in activity, sports and recreation groups.	

18. Show different roles in groups.

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

- Jacobs Edward A, Masen Robert L, Harville Reilly L. Group Counseling, translated by Khodabakhsh Ahmadi and Seyyedeh Fatemeh Hosseini, Tehran: Smet 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.
- Simon Fehr S. Introduction to Group Therapy: A Practical Guide New York: Routledge (Last Edition).

Shahid Beheshti School of Nursing and Midwifery

Academic Calendar			
Meeting	Teacher	Topics	Date and Time
1	Dr. Mousavizadeh	Introduction of the course, goals, history of group therapy, definitions and characteristics of the group	Saturdays, 13-15
2	"	Group formation, group process	"
3	"	Theories of group therapy	"
4	"	Therapeutic communication techniques	"
5	"	Leadership in group counseling	"
6	"	The roles and responsibilities of members and the leader, stages of group growth and dynamics, facilitating factors in the group process, group limitations, solving intra-group conflicts, self-awareness and insight in the group	"
7	"	Group therapy midterm exam	"
8	"	Communication in the group, stages of intra-group growth in mental patients, the use of group therapy in mental disorders, the place of group therapy in psychiatric nursing, group rehabilitation	"
9	"	Group discussion and training in group method, intervention in activity, sports and recreational groups	"
10	"	Student conference	"
11	"	Student conference	"
12	"	Student conference	"