

Lesson plan of the clinical unit of group psycho-nursing interventions

Unit Specifications									
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									
Course Description									
<ul style="list-style-type: none"> Group psychotherapy tries to provide a suitable platform for solving the psychological problems of people in the group by providing a more natural environment. In this course, by involving students in the basic issues and important concepts of the group process, they learn how to work as a group leader with different groups of patients or people who need help. 									
Main Goal									
Applying the principles of group therapy in different groups, in order to understand the needs, problems and abilities of the group members and create correct interactions within the group, within the framework of the nursing process at different levels.									
Behavioral Goals									
Behavioral Goals (Psychomotor Domain):									
At the end of the course, the student is expected to be able to:									
<ol style="list-style-type: none"> Apply the theories related to the group on a group (teenagers, runaway girls, addicts, elderly, mental patients, etc.) at different levels of society, medical centers and educational environments. Use effective methods to guide the group. Present the results of the psychiatric nursing interventions in the form of a written presentation report. 									
Student Expectations/ Course Rules									
<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>How to do clinical work</th> </tr> </thead> <tbody> <tr> <td>Clinical internship</td> </tr> <tr> <td>Presence at the bedside of mental patients in the psychiatry departments of men and women</td> </tr> <tr> <td>Forming a group therapy meeting after making the necessary arrangements and based on the standard principles of group therapy by students with the help of the instructor</td> </tr> <tr> <td>The implementation of group therapy stages, including the stage of setting goals, familiarization and introduction, the stage of conflict resolution, the stage of work based on the theories of group therapy, and the conclusion stage, by students with the help of a coach</td> </tr> <tr> <td>Continue the meetings until the group's goals are achieved</td> </tr> <tr> <td>Summarizing and concluding with the participation of patients</td> </tr> <tr> <td>Submit a written report to the department</td> </tr> </tbody> </table>		How to do clinical work	Clinical internship	Presence at the bedside of mental patients in the psychiatry departments of men and women	Forming a group therapy meeting after making the necessary arrangements and based on the standard principles of group therapy by students with the help of the instructor	The implementation of group therapy stages, including the stage of setting goals, familiarization and introduction, the stage of conflict resolution, the stage of work based on the theories of group therapy, and the conclusion stage, by students with the help of a coach	Continue the meetings until the group's goals are achieved	Summarizing and concluding with the participation of patients	Submit a written report to the department
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How to evaluate students	
The subject of evaluation	Grade
Attending the training days on time	1 mark
Compliance with the rules and regulations of the internship environment	1 mark
Establishing correct therapeutic communication with patients	2 marks
Applying principles of group therapy based on theories	4 marks
Forming and managing at least one group therapy session independently	6 marks
Submitting a written report of the meeting to the professor	6 marks
Total Scores	20

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

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).