



## **EFFECTIVE: SEPTEMBER 2008**

### **CURRICULUM GUIDELINES**

**A.** Division: Education

Effective Date: September 2008

**B.** Department /  
Program Area: Psychiatric Nursing  
Diploma/Degree

Revision  New Course

If Revision, Section(s)  
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~~The~~ course is intended to add to the students' knowledge of group work. Students expand their kn

s learn to establish goals and objectives for groups, continue to explore their beliefs an

**M:** Course Objectives / Learning Outcomes:

In this course students will continue to use the Douglas College Department of Psychiatric Nursing Curricular Threads (wellness-illness continuum, professional values, professional caring & health care delivery system), and in the context of the environmental, health and psychiatric nursing domains, will integrate the care of the person domain (client system, psychological, physiological, sociocultural, spiritual & developmental variables). Students will expand their knowledge, skills and attitudes related to group structure and process when caring for individuals across the life span who are experiencing episodic or ongoing health challenges.

**N:** Course Content:

In this course, within the context of the Douglas College Department of Psychiatric Nursing's philosophy and conceptual framework, students will focus on developing the psychiatric nursing role and promoting health in clients through an advanced understanding, acquisition and utilization of group skills.

Specific concepts that will be addressed are:

1. An expanded history of the evolution of groups and group theory
2. Knowledge & skill related to group structure & functioning
  - a. Number of groups
  - b. Membership
  - c. Environment
  - d. Number of sessions
  - e. Length of sessions
  - f. Group norms
3. Revisit & update integration of Therapeutic Relationship skills to group
4. Establishing goals and objectives for groups
5. Revisiting and responding to personal beliefs, attitudes and values, working with individuals in group
6. Revisiting and responding to diversity, along with group work across the lifespan issues
7. Leadership: qualification, personal style, co-leadership, team dynamics, integration of theoretical approaches to group work.
8. Conducting groups with specific populations; purposes and focus of selected types of groups (e.g.: women and abuse, medication ed., eating disorders, etc)
9. Phases of group development
  - a. Initial
  - b. Transition
  - c. Working
  - d. Termination
  - e. Post group session(s)
10. Multiculturalism in group settings
11. Revisiting trust and safety
12. Diagnosing problems in groups
13. Legal and ethical issues
14. Group Theorists (x10: Psychoanalytical; Adlerian; Psychodrama; Existential; Person-centered; Gestalt; Transactional Analysis; Behavioural; Rational-emotive behaviour; Reality Therapy)
15. Critical thinking in group
16. Group proposal—basic/advanced
17. Conducting/leading/co-leading a group (psycho-educational or activity group)
18. Mental Status Examination and the Nursing Process in Groups
- 19.

