UNIVERSITY OF FLORIDA

COLLEGE OF NURSING

COURSE OUTLINE

SPRING 2017

COURSE NUMBER NGR 6509

COURSE TITLE Psychiatric-Mental Health Nurse Practitioner: Family Psychotherapy

CREDITS 2

PLACEMENT DNP Program: Psychiatric‑Mental Health Nurse Practitioner Track

# PREREQUISITE NGR 6503 Psychiatric-Mental Health Nurse Practitioner: Individual Psychotherapy

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COURSE DESCRIPTION This course provides the student with the advanced knowledge base and clinical skills necessary to use family therapy to intervene with clients experiencing dysfunctional intrafamily patterns. Emphasis is placed on utilization of family theoretical and conceptual models for assessing, planning, and treating dysfunctional patterns and for assessing,promoting, maintaining, and restoring mental healthto families and individuals. The impact of political, legal, economic, social, cultural, and technological factors on families, and the mental health care system are also addressed.

COURSE OBJECTIVES Upon completion of this course, the student will be able to:

1. Analyze the past, present, and future patterns and trends in family therapies, including the role of the advanced practicenurse in treatment.
2. Analyzetheoretical and conceptual models as bases for advanced nursing practice with families.
3. Propose methods of family therapy to treat dysfunctional interpersonal family patterns and to promote, maintain, and restore system functioning.
4. Collaborate with consumers and health care providers to provide holistic nursing care to families.
5. Critique and utilize current research related to family therapy, andidentify researchable problems.
6. Analyze the impact of political, legal, ethical, economic, social, cultural, and technological factors related to mental health of families.
7. Apply principles of leadership in collaboration with health care providers to influence change in the mental health care system and to promote family mental health.

COURSE SCHEDULE

E-Learning in Canvas is the course management system that you will use for this course. E-Learning is accessed by using your Gatorlink account name and password at <http://elearning.ufl.edu>. There are several tutorials and student help links on the E-Learning login site. If you have technical questions call the UF Computer Help Desk at 352-392-HELP or send email to [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).

It is important that you regularly check your Gatorlink account email for College and University wide information and the course E-Learning site for announcements and notifications.

Course websites are generally made available on the Friday before the first day of classes.

TOPICAL OUTLINE

1. Past, present, and future patterns and trends in family therapy, including the role of the advanced practice psychiatric-mental health nurse.
2. Legal and ethical issues in family therapy.
3. Overview of child & adolescent mental health and growth and development as basis for family therapy.
4. Principles of parent-child interaction.
5. Overview of psychopathology in families.
6. Selected family theories.
7. Family system assessment, including genograms.
8. Conceptual models of family therapy.
9. Process and content in family sessions.
10. The working stage of family therapy.
11. Terminating and evaluating family therapy.
12. The effects of political, economic, social, cultural, and technological factors on families’mental health.
13. Research issues in family therapy.
14. The leadership role of the advanced practice nursein psychiatric-mental health in influencing change in the impacts mental health care system as related to family systems.

# TEACHING METHODS

Lecture, discussions, written assignments, audiovisual materials, case analysis, and assigned readings.

LEARNING ACTIVITIES

Participation in case analysis presentations, written assignments, construction of genograms, readings, discussions.

# EVALUATION METHODS/COURSE GRADE CALCULATION

Discussions (14) 25%

Bowen Concepts Description Paper 10%

Written self-family history analysis 20%

Illustrated self-family genogram 10%

BSFT Family Theory Model Paper 20%

Quizzes (3) 15%

Total 100%

MAKE UP POLICY

Course Assignments will be made up according to permission of the instructor and on a case by case basis.

GRADING SCALE/QUALITY POINTS:

A 95-100 (4.0) C 74-79\* (2.0)

A- 93-94 (3.67) C- 72-73 (1.67)

B+ 91-92 (3.33) D+ 70-71 (1.33)

B 84-90 (3.0) D 64-69 (1.0)

B- 82-83 (2.67) D- 62-63 (0.67)

C+ 80-81 (2.33) E 61 or below (0.0)

\* 74 is the minimal passing grade

For more information on grades and grading policies, please refer to University’s grading policies: http://gradcatalog.ufl.edu/content.php?catoid=4&navoid=907#grades

PROFESSIONAL BEHAVIOR

The College of Nursing expects all Nursing students to be professional in their interactions with patients, colleagues, faculty, and staff and to exhibit caring and compassionate attitudes. These and other qualities will be evaluated during patient contacts and in other relevant settings by both faculty and peers. Behavior of a Nursing student reflects on the student's individual’s ability to become a competent professional Nurse. Attitudes or behaviors inconsistent with compassionate care; refusal by, or inability of, the student to participate constructively in learning or patient care; derogatory attitudes or inappropriate behaviors directed at patients, peers, faculty or staff; misuse of written or electronic patient records (e.g., accession of patient information without valid reason); substance abuse; failure to disclose pertinent information on a criminal background check; or other unprofessional conduct can be grounds for disciplinary measures including dismissal.

UNIVERSITY POLICY ON ACADEMIC MISCONDUCT

Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>. Students are required to provide their own privacy screen for all examination’s administered to student laptops. No wireless keyboards or wireless mouse/tracking device will be permitted during examinations.

University and College of Nursing Policies:

Please see the College of Nursing website for a full explanation of each of the following policies - <http://nursing.ufl.edu/students/student-policies-and-handbooks/course-policies/>.

Attendance

UF Grading Policy

Accommodations due to Disability

Religious Holidays

Counseling and Mental Health Services

Student Handbook

Faculty Evaluations

Student Use of Social Media

REQUIRED TEXBOOKS/READINGS

Titleman, P. (1998). *Clinical applications of Bowen family systems theory*. New York: Hawthorne Press.

McGoldrick, M., Gerson, R., & Petry, S (2008). *Genograms: Assessment and interventions*.

(3rd ed.). New York: Norton.

Titleman, P. (2014). *Differentiation of self: Bowen Family Systems Theory Perspective* (ed.).

New York: Routledge, Taylor and Francis Group.

WEEKLY CLASS SCHEDULE, TOPICS and ASSIGNMENTS

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| **DATE** | **TOPIC/EVALUATION** |
| **Week 1**  Jan 4-8  Jan 9-15 | Welcome  **Module 1:** Orientation to Family Theory and Family Therapy Practice  ***Discussion 1*** |
| **Week 2**  Jan 16-22  **Jan 16-Holiday** | **Module 2**: History of Family Therapy and Bowen Family Theory; Bowen Theory and The Eight Concepts and Summary  ***Discussion 2*** |
| **Week 3**  Jan 23-29 | **Module 3:** Overview of child & adolescent mental health & growth and development as basis for family therapy  -Principles of parent-child interaction  Overview of family psychopathology.  ***Discussion 3***  ***QUIZ 1***  ***(Modules 1, 2 & 3)*** |
| Week 4  Jan 30-Feb 5 | **Module 4:** Constructing the Genogram  Preparing for Self-Family History and Genogram  ***Discussion 4***  **Self-Family History and Genogram DUE Feb 5th** |
| Week 5  Feb 6-12 | **Module 5:** History and Overview of Selected Family Theories and Models – Part 1  ***Discussion 5*** |
| Week 6  Feb 13-19 | **Module 5 (continued):**  History and Overview of Selected Theories and Models – Part 2  ***Discussion 6***  **BSFT Family Theory Model Paper DUE Feb 19th** |
| Week 7  Feb 20-26 | **Module 6:**  Bowen Family Theory Applied to Individual Client’s Therapy  ***Discussion 7*** |
| Week 8  Feb 27-Mar 5 | **Module 6 (continued):** Bowen Family Theory Applied to Individual Clients Therapy: Introduction to Differentiation of Self Strategies  ***Discussion 8*** |
| Week 9  Mar 6-12 | **SPRING BREAK** |
| Week 10  Mar 13-19 | **Module 7:**  BFST - Work with the individual client: Managing the Emotional Self in Relationships and the challenge of Differentiation of Self  **Bowen Concepts Paper DUE Mar 19th**  ***Discussion 9*** |
| Week 11  Mar 20-26 | **Module 7 (continued):**  BFST - Work with the individual client: Managing the Emotional Self in Relationships and the challenge of Differentiation of Self  ***Discussion 10*** |
| Week 12  Mar 27-April 2 | **Module 8**: Family Secrets: Triangle Implications  ***Discussion 11***  ***QUIZ 2 (Modules 6, 7 & 8)*** |
| Week 13  April 3-9 | **Module 9**:Trauma: Family Implications  ***Discussion 12*** |
| Week 14  April 10-16 | **Module 10**: Marriage, Divorce, Remarriage and Committed Partnerships: Implications for the Family System  ***Discussion 13*** |
| Week 15  April 17-19  (Classes end on the 19th) | **Module 10** **(continued):** Marriage, Divorce, Remarriage and Committed Partnerships: Implications for the Family System  ***Discussion 14*** |
| Week 16  April 24-29  Final Exam Week | ***QUIZ 3 (Modules 9 & 10)*** |

Approved: Academic Affairs Committee: 01/08; 01/13

Faculty: 02/08; 01/13

UF Curriculum: 10/08; 03/13