

# PRAC-6640-35 Psychotherapy Individuals

## PRAC-6640-35 Psychotherapy Individuals

### Practicum Week 1

This week, you begin preparing for your practicum experience by verifying your practicum preceptor and site information and beginning your first Practicum Journal.

#### Learning Resources

##### Required Media – Library Resource

[Sommers-Flanagan, J., & Sommers-Flanagan, R. \(2012\). \*Clinical interview: Intake, assessment, & therapeutic alliance\* \[Video file\]. Mill Valley, CA: Psychotherapy.net.](#)

#### Required Readings

[Petiprin, A. \(2016\). Psychiatric and mental health nursing. \*Nursing Theory\*. Retrieved from](#)

<http://www.nursing-theory.org/theories-and-models/psychiatric-and-mental-health-nursing.php>

[Document: Practicum Site Information form \(Word Document\)](#)

[Document: Practicum Journal Template \(Word document\)](#)

[Note: This template is provided by the College of Nursing and is designated to document practicum activity. You are required to use this template for all journal entry submissions.](#)

[Document: NP Student Clinical Orientation \(PowerPoint file\)](#)

[Document: Practicum Manual \(PDF\). Retrieved from](#)

[http://academicguides.waldenu.edu/ld.php?content\\_id=7356923](http://academicguides.waldenu.edu/ld.php?content_id=7356923)

## Optional Resources

American Nurses Association. (2014). *Psychiatric-mental health nursing: Scope and standards of practice (2nd ed.)*. Washington, DC: Author.

## Assignment 1: Practicum Site Information

Prior to starting the course, you should have applied for a practicum site following the guidelines for PMHNP practice. Now it is time to make it official. For this Assignment, you provide your Clinical Faculty with information about your practicum site, your preceptor, and your clinical calendar.

To Prepare:

- Verify that your practicum application has been approved by logging in to Meditrek.
- Access the Practicum Site Information Form from the Learning Resources.

## Assignment

Complete the designated areas of the Practicum Site Information Form, including your practicum site and contact information, your preceptor and contact information, and a schedule of when you plan to engage in practicum activities onsite.

By Day 3 of Week 1

Submit your completed Practicum Site Information Form.

## Submission and Grading Information

To submit your completed Assignment for review and grading, do the following:

- Please save your Assignment using the naming convention "WK1 gn1+last name+first initial.(extension)" as the name.

- Click the Week 1 Assignment 1 Rubric to review the Grading Criteria for the Assignment.
- Click the Week 1 Assignment 1 link. You will also be able to “View Rubric” for grading criteria from this area.
- Next, from the Attach File area, click on the Browse My Computer button. Find the document you saved as “WK1 gn1+last name+first initial.(extension)” and click Open.
- If applicable: From the Plagiarism Tools area, click the checkbox for I agree to submit my paper(s) to the Global Reference Database.
- Click on the Submit button to complete your submission.

## Grading Criteria

To access your rubric:

Week 1 Assignment 1 Rubric

Check Your Assignment Draft for Authenticity

To check your Assignment draft for authenticity:

Submit your Week 1 Assignment 1 draft and review the originality report.

Submit Your Assignment by Day 3 of Week 1

To submit your Assignment:

Week 1 Assignment 1

## **Assignment 2: Practicum–Week 1 Journal Entry (Due In Week 4)**

As a future advanced practice nurse, it is important that you are able to connect your classroom experience to your practicum experience. By applying the concepts you study

in the classroom to clinical settings, you enhance your professional competency. Each week, you complete an Assignment that prompts you to reflect on your practicum experiences and relate them to the material presented in the classroom. This week, you begin documenting your practicum experiences in your Practicum Journal.

### Learning Objectives

Students will:

- Analyze nursing and counseling theories to guide practice in psychotherapy\*
- Develop goals and objectives for personal practicum experiences\*
- Create timelines for practicum activities\*

\* The Assignment related to this Learning Objective is introduced this week and submitted in Week 4.

In preparation for this course's practicum experience, address the following in your Practicum Journal:

- Review the media *Clinical Interview: Intake, Assessment,& Therapeutic Alliance* in your Learning Resources.
- Select one nursing theory and one counseling theory to best guide your practice in psychotherapy. *Note: For guidance on nursing and counseling theories, refer to the Wheeler textbook in this week's Learning Resources.*
- Explain why you selected these theories. Support your approach with evidence-based literature.
- Develop at least three goals and at least three objectives for the practicum experience in this course.

- Create a timeline of practicum activities based on your practicum requirements.

*Note: For this Assignment, be sure to use the Practicum Journal Template, located in this week's Learning Resources.*

Due By Day 7 of Week 4

No assignment due this week.

Week in Review

This week, you have:

- Analyzed nursing and counseling theories to guide practice in psychotherapy
- Developed goals and objectives for personal practicum experiences
- Created timelines for practicum activities

Next week, you will:

- Develop diagnoses for clients receiving psychotherapy
- Analyze legal and ethical implications of counseling clients with psychiatric disorders

Looking Ahead: Practicum Assignments

Review this outline of your practicum assignments and their due dates. This will give you time to connect with your preceptor so that you can fulfill the requirements of each practicum assignment.

Week 1:

- Practicum Journal Entry: You will select one nursing theory and one counseling theory to best guide your practice in psychotherapy. You will explain why you selected these theories and support your approach with evidence-based

literature. You also will develop at least three goals and at least three objectives for the practicum experience in this course. Submit by Day 7 of Week 4.

Week 2:

- Practicum Journal Entry: You will write about a client you observed or counseled. Submit by Day 7 of Week 4.

Week 3:

- Assignment: Practicum – Assessing Clients: You will assess a client and develop a genogram for a client presenting for psychotherapy. Submit by Day 7 of Week 3.

Week 4:

- Practicum Journal Entry: You will write about a client you observed or counseled and explain whether cognitive behavioral therapy would be effective with this client. You also will submit your Practicum Journal Entries from Weeks 1,2 and 4. Submit your Week Week 1, 2, and 4 Practicum Journal Entries by Day 7 of Week 4.

Week 5:

- Practicum Journal Entry: You will write about a client you observed or counseled that suffers from a disorder related to trauma.Submit by Day 7 of Week 7.

Week 6:

- Practicum Journal Entry: You will write about a client you observed or counseled and explain whether motivational interviewing would be effective with this client. Submit by Day 7 of Week 7.

Week 7:

- Assignment: Practicum – Assessing Clients: You will write a progress note and privileged psychotherapy note for the client you assessed in Week 3 for the Comprehensive Client Assessment. Submit by Day 7 of Week 7
- You also will submit your Weeks 5 and 6 Practicum Journal Entries. Submit by Day 7 of Week 7.

#### Week 8:

- Discussion: Clinical Supervision: You will consider a client whom you do not think is adequately progressing according to expected clinical outcomes. By Day 3, you will post a Kaltura video for this discussion assignment and respond to a colleague's post by Day 6.

#### Week 9:

- Practicum Journal Entry: You will write about a child or adolescent client you observed or counseled. Submit by Day 7 of Week 10.

#### Week 10:

- Discussion: Clinical Supervision: You will consider an older client you are counseling whom you do not think is adequately progressing according to expected clinical outcomes. By Day 3, you will post a Kaltura video for this discussion assignment and respond to a colleague's post by Day 6.
- Practicum Journal Entry: You will reflect on your overall practicum experience. You will submit both the Week 9 and Week 10 Practicum Journal Entries. Submit both by Day 7 of Week 10.

## **Practicum Week 2**

This week, as you continue your Practicum, you will develop diagnoses for clients receiving psychotherapy and explore legal and ethical implications of counseling clients with psychiatric disorders.

### **Learning Resources**

#### Optional Resources

Wheeler, K. (Ed.). (2014). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice* (2nd ed.). New York, NY: Springer Publishing Company.

[American Psychiatric Association. \(2013\). \*Diagnostic and statistical manual of mental disorders\* \(5th ed.\). Washington, DC: Author.](#)

[American Academy of Child and Adolescent Psychiatry. \(1995\). \*Practice parameters for the psychiatric assessment of children and adolescents\*. Washington, DC: Author.](#)

[Retrieved from](#)

[https://www.aacap.org/App\\_Themes/AACAP/docs/practice\\_parameters/psychiatric\\_assessment\\_practice\\_parameter.pdf](https://www.aacap.org/App_Themes/AACAP/docs/practice_parameters/psychiatric_assessment_practice_parameter.pdf)

[American Psychiatric Association. \(2016\). \*Practice guidelines for the psychiatric evaluation of adults\* \(3rd ed.\). Arlington, VA: Author. Retrieved from](#)

<http://psychiatryonline.org/doi/pdf/10.1176/appi.books.9780890426760>

### **Assignment: Practicum – Week 2 Journal Entry (Due In Week 4)**

#### Learning Objectives

Students will:



- Develop diagnoses for clients receiving psychotherapy\*
- Analyze legal and ethical implications of counseling clients with psychiatric disorders\*

\* The Assignment related to this Learning Objective is introduced this week and submitted in Week 4.

Select a client whom you observed or counseled this week. Then, address the following in your Practicum Journal:

- Describe the client (without violating HIPAA regulations) and identify any pertinent history or medical information, including prescribed medications.
- Using the *Diagnostic and Statistical Manual of Mental Health Disorders*, 5th edition (DSM-5), explain and justify your diagnosis for this client.
- Explain any legal and/or ethical implications related to counseling this client.
- Support your approach with evidence-based literature.

Due By Day 7 of Week 4

No assignment due this week.

Week in Review

Now that you have:

- Developed diagnoses for clients receiving psychotherapy
- Analyzed legal and ethical implications of counseling clients with psychiatric disorders

Next week, you will:

- Assess clients presenting for psychotherapy

- Develop genograms for clients presenting for psychotherapy

### Practicum Week 3

This week, you assess clients presenting for psychotherapy.

#### Learning Resources

#### Required Readings

Wheeler, K. (Ed.). (2014). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice* (2nd ed.). New York, NY: Springer Publishing Company.

#### Required Media

Laureate Education (Producer). (2013b). Hernandez family genogram [Video file].

Baltimore, MD: Author.

Note: The approximate length of this media piece is 3 minutes.

Accessible player –Downloads– Download Video w/CC Download Audio Download

Transcript

#### Optional Resources

American Nurses Association. (2014). *Psychiatric-mental health nursing: Scope and standards of practice* (2nd ed.). Washington, DC: Author.

[American Psychiatric Association. \(2013\). \*Diagnostic and statistical manual of mental disorders\* \(5th ed.\). Washington, DC: Author.](#)

### **Assignment: Practicum – Assessing Clients**

#### Learning Objectives

Students will:

- Assess clients presenting for psychotherapy
- Develop genograms for clients presenting for psychotherapy

To prepare:

- Select a client whom you have observed or counseled at your practicum site.
- Review pages 137–142 of the Wheeler text and the *Hernandez Family Genogram* video in this week's Learning Resources. Reflect on elements of writing a Comprehensive Client Assessment and creating a genogram for the client you selected.

## The Assignment

### Part 1: Comprehensive Client Family Assessment

With this client in mind, address the following in a Comprehensive Client Assessment (without violating HIPAA regulations):

- Demographic information
- Presenting problem
- History or present illness
- Past psychiatric history
- Medical history
- Substance use history
- Developmental history
- Family psychiatric history
- Psychosocial history
- History of abuse/trauma

- Review of systems
- Physical assessment
- Mental status exam
- Differential diagnosis
- Case formulation
- Treatment plan

## Part 2: Family Genogram

Prepare a genogram for the client you selected. The genogram should extend back by at least three generations (great grandparents, grandparents, and parents).

By Day 7 of Week 3

Submit your Assignment.

## Submission and Grading Information

To submit your completed Assignment for review and grading, do the following:

- Please save your Assignment using the naming convention “WK3Assgn+last name+first initial.(extension)” as the name.
- Click the Week 3 Assignment Rubric to review the Grading Criteria for the Assignment.
- Click the Week 3 Assignment link. You will also be able to “View Rubric” for grading criteria from this area.
- Next, from the Attach File area, click on the Browse My Computer button. Find the document you saved as “WK3Assgn+last name+first initial.(extension)” and click Open.

- If applicable: From the Plagiarism Tools area, click the checkbox for I agree to submit my paper(s) to the Global Reference Database.
- Click on the Submit button to complete your submission.

## Grading Criteria

To access your rubric:

Week 3 Assignment Rubric

Check Your Assignment Draft for Authenticity

To check your Assignment draft for authenticity:

Submit your Week 3 Assignment draft and review the originality report.

Submit Your Assignment by Day 7

To submit your Assignment:

Week 3 Assignment

Week in Review

Now that you have:

- Assessed clients presenting for psychotherapy
- Developed genograms for clients presenting for psychotherapy

Next week, you will:

- Develop diagnoses for clients receiving psychotherapy
- Evaluate the efficacy of cognitive behavioral therapy for clients
- Analyze legal and ethical implications of counseling clients with psychiatric disorders

## [Practicum Week 4](#)

This week, you continue your practicum and submit your Practicum Journal.

#### Learning Resources

#### Optional Resources

Wheeler, K. (Ed.). (2014). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice* (2nd ed.). New York, NY: Springer Publishing Company.

[American Psychiatric Association. \(2013\). \*Diagnostic and statistical manual of mental disorders\* \(5th ed.\). Washington, DC: Author.](#)

### **Assignment: Practicum – Week 1, 2, & 4 Journal Entry And Journal Submission**

#### Learning Objectives

Students will:

- Analyze nursing and counseling theories to guide practice in psychotherapy
- Develop goals and objectives for personal practicum experiences
- Create timelines for practicum activities
- Develop diagnoses for clients receiving psychotherapy
- Analyze legal and ethical implications of counseling clients with psychiatric disorders
- Develop diagnoses for clients receiving psychotherapy
- Evaluate the efficacy of cognitive behavioral therapy for clients
- Analyze legal and ethical implications of counseling clients with psychiatric disorders

The Learning Objectives are related to the Practicum Journal Assignments presented in Weeks 1, 2, and 4.

#### Week 4 Journal Entry

Select a client that you observed or counseled this week. Then, address the following in your Practicum Journal:

- Describe the client (without violating HIPAA regulations) and identify any pertinent history or medical information, including prescribed medications.
- Using the DSM-5, explain and justify your diagnosis for this client.
- Explain whether cognitive behavioral therapy would be effective with this client. Include expected outcomes based on this therapeutic approach. Support your approach with evidence-based literature.
- Explain any legal and/or ethical implications related to counseling this client.

*Note: Be sure to use the Practicum Journal Template, located in the Learning Resources.*

#### By Day 7

Submit your Practicum Journal entries for Weeks 1, 2, and 4. Refer to the weekly instructions for additional guidance.

#### Submission

To submit your completed Assignment for review and grading, do the following:

- Please save your Assignments using the following naming convention: “WK4 Journal+last name+first initial”
- Click the Week 4 Assignment link.

- Next, from the Attach File area, click on the Browse My Computer button. Find the document you saved as “WK4 Journal+last name+first initial.(extension)” and click Open. Repeat for each of the Practicum Journal submissions.
- Click on the Submit button to complete your submission.

## Grading Criteria

To access your rubric:

Week 4 Assignment Rubric

Check Your Assignment Draft for Authenticity

To check your Assignment draft for authenticity: PRAC-6640-35 Psychotherapy

Individuals

Submit your Week 4 Assignment draft and review the originality report.

Submit Your Assignment by Day 7

To submit your Assignment:

Week 4 Assignment

## **Practicum Reminder**

Time Logs

You are required to keep a log of the time you spend related to your practicum experience and enter every patient you see each day. You can access your time log from the Welcome Page in your Meditrek account. You will track time individually for each patient you work with. Please make sure to continuously input your hours throughout the term.

Week in Review



Now that you have:

- Developed diagnoses for clients receiving psychotherapy
- Evaluated the efficacy of cognitive behavioral therapy for clients
- Analyzed legal and ethical implications of counseling clients with psychiatric disorders

Next week, you will:

- Develop diagnoses for clients receiving psychotherapy
- Evaluate the efficacy of therapeutic approaches for clients
- Analyze legal and ethical implications of counseling clients with psychiatric disorders

### **Practicum Week 5**

This week, you develop diagnoses for clients receiving psychotherapy and consider legal and ethical implications of counseling these clients.

Learning Resources

Optional Resources

American Nurses Association. (2014). *Psychiatric-mental health nursing: Scope and standards of practice (2nd ed.)*. Washington, DC: Author.

Wheeler, K. (Ed.). (2014). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice (2nd ed.)*. New York, NY: Springer Publishing Company.

[American Psychiatric Association. \(2013\). \*Diagnostic and statistical manual of mental disorders \(5th ed.\)\*. Washington, DC: Author.](#)

## **Assignment: Practicum – Week 5 Journal Entry (Due Week 7)**

### Learning Objectives

Students will:

- Develop diagnoses for clients receiving psychotherapy\*
- Evaluate the efficacy of therapeutic approaches for clients\*
- Analyze legal and ethical implications of counseling clients with psychiatric disorders\*

\* The Assignment related to this Learning Objective is introduced this week and submitted in Week 7.

Select a client whom you observed or counseled that suffers from a disorder related to trauma. Then, address the following in your Practicum Journal:

- Describe the client (without violating HIPAA regulations) and identify any pertinent history or medical information, including prescribed medications.
- Using the DSM-5, explain and justify your diagnosis for this client.
- Explain whether any of the therapeutic approaches in this week's Learning Resources would be effective with this client. Include expected outcomes based on these therapeutic approaches. Support your approach with evidence-based literature.
- Explain any legal and/or ethical implications related to counseling this client.

Due By Day 7 of Week 7

No Assignment due this week.

Week in Review

Now that you have:

- Developed diagnoses for clients receiving psychotherapy
- Evaluated the efficacy of therapeutic approaches for clients
- Analyzed legal and ethical implications of counseling clients with psychiatric disorders

Next week, you will:

- Develop diagnoses for clients receiving psychotherapy
- Evaluate the efficacy of motivational interviewing techniques for clients
- Analyze legal and ethical implications of counseling clients with psychiatric disorders

### **Practicum Week 6**

This week, you develop diagnoses for clients receiving psychotherapy and consider legal and ethical implications of counseling these clients.

Learning Resources

Optional Resources

Wheeler, K. (Ed.). (2014). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice* (2nd ed.). New York, NY: Springer Publishing Company.

[American Psychiatric Association. \(2013\). \*Diagnostic and statistical manual of mental disorders\* \(5th ed.\). Washington, DC: Author.](#)

### **Assignment: Practicum – Week 6 Journal Entry (Due Week 7)**

Learning Objectives

Students will:

- Develop diagnoses for clients receiving psychotherapy\*
- Evaluate the efficacy of motivational interviewing techniques for clients\*
- Analyze legal and ethical implications of counseling clients with psychiatric disorders\*

\* The Assignment related to this Learning Objective is introduced this week and submitted in Week 7.

Select a client whom you observed or counseled this week. Then, address the following in your Practicum Journal:

- Describe the client (without violating HIPAA regulations) and identify any pertinent history or medical information, including prescribed medications.
- Using the DSM-5, explain and justify your diagnosis for this client.
- Explain whether motivational interviewing would be effective with this client. Include expected outcomes based on this therapeutic approach. Support your approach with evidence-based literature.
- Explain any legal and/or ethical implications related to counseling this client.

Due By Day 7 of Week 7

No Assignment due this week.

Week in Review

Now that you have:

- Developed diagnoses for clients receiving psychotherapy
- Evaluated the efficacy of motivational interviewing techniques for clients

- Analyzed legal and ethical implications of counseling clients with psychiatric disorders

Next week, you will:

- Assess progress for clients receiving psychotherapy
- Differentiate progress notes from privileged notes
- Analyze preceptor's use of privileged notes

### **Practicum Week 7**

This week, you assess progress for a client receiving psychotherapy and develop progress and privileged psychotherapy notes for the client.

Learning Resources

Required Readings

[Cameron, S., & Turtle-Song, I. \(2002\). Learning to write case notes using the SOAP format. \*Journal of Counseling and Development\*, 80\(3\), 286-292.](#)

Optional Resources

American Nurses Association. (2014). *Psychiatric-mental health nursing: Scope and standards of practice (2nd ed.)*. Washington, DC: Author.

Wheeler, K. (Ed.). (2014). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice (2nd ed.)*. New York, NY: Springer Publishing Company.

[American Psychiatric Association. \(2013\). \*Diagnostic and statistical manual of mental disorders \(5th ed.\)\*. Washington, DC: Author.](#)

### **Assignment 1: Practicum – Assessing Client Progress**

## Learning Objectives

Students will:

- Assess progress for clients receiving psychotherapy
- Differentiate progress notes from privileged notes
- Analyze preceptor's use of privileged notes

To prepare:

- Reflect on the client you selected for the Week 3 Practicum Assignment.
- Review the Cameron and Turtle-Song (2002) article in this week's Learning Resources for guidance on writing case notes using the SOAP format.

## The Assignment

### Part 1: Progress Note

Using the client from your Week 3 Assignment, address the following in a progress note (without violating HIPAA regulations):

- Treatment modality used and efficacy of approach
- Progress and/or lack of progress toward the mutually agreed-upon client goals (reference the Treatment plan—progress toward goals)
- Modification(s) of the treatment plan that were made based on progress/lack of progress
- Clinical impressions regarding diagnosis and/or symptoms
- Relevant psychosocial information or changes from original assessment (i.e., marriage, separation/divorce, new relationships, move to a new house/apartment, change of job, etc.)

- Safety issues
- Clinical emergencies/actions taken PRAC-6640-35 Psychotherapy Individuals
- Medications used by the patient (even if the nurse psychotherapist was not the one prescribing them)
- Treatment compliance/lack of compliance
- Clinical consultations
- Collaboration with other professionals (i.e., phone consultations with physicians, psychiatrists, marriage/family therapists, etc.)
- Therapist's recommendations, including whether the client agreed to the recommendations
- Referrals made/reasons for making referrals
- Termination/issues that are relevant to the termination process (i.e., client informed of loss of insurance or refusal of insurance company to pay for continued sessions)
- Issues related to consent and/or informed consent for treatment
- Information concerning child abuse, and/or elder or dependent adult abuse, including documentation as to where the abuse was reported
- Information reflecting the therapist's exercise of clinical judgment

*Note: Be sure to exclude any information that should not be found in a discoverable progress note.*

Part 2: Privileged Note

Based on this week's readings, prepare a privileged psychotherapy note that you would use to document your impressions of therapeutic progress/therapy sessions for your client from the Week 3 Practicum Assignment.

- The privileged note should include items that you would not typically include in a note as part of the clinical record.
- Explain why the items you included in the privileged note would not be included in the client's progress note.
- Explain whether your preceptor uses privileged notes, and if so, describe the type of information he or she might include. If not, explain why.

By Day 7

Submit your Assignment.

Submission

To submit your completed Assignment for review and grading, do the following:

- Please save your Assignment using the following naming convention: "WK7 gn1+last name+first initial".
- Click the Week 7 Assignment 1 link.
- Next, from the Attach File area, click on the Browse My Computer button. Find the document you saved as "WK7 gn1+last name+first initial.(extension)" and click Open. If you are submitting multiple files, repeat until all files are attached.
- Click on the Submit button to complete your submission.

Grading Criteria

To access your rubric:



## Week 7 Assignment 1 Rubric

### Check Your Assignment Draft for Authenticity

To check your Assignment draft for authenticity:

Submit your Week 7 Assignment 1 draft and review the originality report.

### Submit Your Assignment by Day 7

To submit your Assignment:

## Week 7 Assignment 1

### **Assignment 2: Practicum – Week 5 And Week 6 Journal Submission**

#### Learning Objectives

Students will:

- Develop diagnoses for clients receiving psychotherapy\*
- Evaluate the efficacy of therapeutic approaches for clients\*
- Analyze legal and ethical implications of counseling clients with psychiatric disorders\*

#### By Day 7

Submit your Journal Entries for Week 5 and Week 6. Refer to Week 5 and Week 6 for additional guidance.

#### Submission

To submit your completed Assignment for review and grading, do the following:

- Please save your Assignments using the following naming convention: "WK7 Journal2+last name+first initial."
- Click the Week 7 Assignment 2 link.

- Next, from the Attach File area, click on the Browse My Computer button. Find the document you saved as “WK7 Journal2+last name+first initial.(extension)” and click Open. Repeat for each of the Practicum Journal submissions. If you are submitting multiple files, repeat until all files are attached.
- Click on the Submit button to complete your submission.

## Grading Criteria

To access your rubric:

Week 7 Assignment 2 Rubric

Check Your Assignment Draft for Authenticity

To check your Assignment draft for authenticity:

Submit your Week 7 Assignment 2 draft and review the originality report.

Submit Your Assignment by Day 7

To submit your Assignment:

Week 7 Assignment 2

## **Practicum Reminder**

### Time Logs

You are required to keep a log of the time you spend related to your practicum experience and enter every patient you see each day. You can access your time log from the Welcome Page in your Meditrek account. You will track time individually for each patient you work with. Please make sure to continuously input your hours throughout the term.

Week in Review

Now that you have:

- Assessed progress for clients receiving psychotherapy
- Differentiated progress notes from privileged notes
- Analyzed preceptor's use of privileged notes

Next week, you will:

- Assess clients presenting for psychotherapy
- Evaluate the effectiveness of therapeutic approaches for clients receiving psychotherapy
- Apply existential-humanistic therapy to clients with psychiatric disorders

Looking Ahead: Week 8 Clinical Supervision Discussion

Week 8 Discussion: In 3- to 5-minute Kaltura video, you will discuss a client you have observed and/or counseled during your practicum experience. Be sure to make arrangements with your preceptor so you can fulfill the requirements of the Discussion.

Refer to the Week 8 Discussion for additional guidance.

### **Practicum Week 8**

This week, you develop diagnoses for clients receiving psychotherapy and consider legal and ethical implications of counseling these clients.

Learning Resources

Required Media

[Sommers-Flanagan, J., & Sommers-Flanagan, R. \(2013\). \*Counseling and psychotherapy theories in context and practice\* \[Video file\]. Mill Valley, CA: Psychotherapy.net.](#)

Laureate Education (Producer). (2012b). *Clinical supervision follow-up* [Video file].

Baltimore, MD: Author.

Note: This is a follow-up to the Thompson family media piece in Week 5. The approximate length of this media piece is 9 minutes.

Accessible player –Downloads– Download Video w/CC Download Audio Download

Transcript

Laureate Education (Producer). (2015d). *On a hamster wheel* [Video file]. Baltimore, MD:

Author.

Note: The approximate length of this media piece is 2 minutes.

Accessible player –Downloads– Download Video w/CC Download Audio Download

Transcript

[Bugental J. \(n.d.\). \*Existential-humanistic psychotherapy\* \[Video file\]. Mill Valley, CA:](#)

[Psychotherapy.net.](#)

Optional Resources

[American Psychiatric Association. \(2013\). \*Diagnostic and statistical manual of mental disorders\* \(5th ed.\). Washington, DC: Author.](#)

Wheeler, K. (Ed.). (2014). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice* (2nd ed.). New York, NY: Springer Publishing Company.

## **Discussion: Clinical Supervision**

Clinical Supervision is an essential component of your development as a psychiatric mental health nurse practitioner. It provides an opportunity for professional

collaboration as you share experiences with and gain insights from colleagues. For this Clinical Supervision, consider a client whom you do not think is adequately progressing according to expected clinical outcomes.

### Learning Objectives

Students will:

- Assess clients presenting for psychotherapy
- Evaluate effectiveness of therapeutic approaches for clients receiving psychotherapy
- Apply existential-humanistic therapy to clients with psychiatric disorders

To prepare:

- Review this week's media and consider the insights provided.
- Reflect on the clients you are currently counseling at your practicum site.

*Note: For this Discussion, you are required to complete your initial post before you will be able to view and respond to your colleagues' postings. Begin by clicking on the "Post to Discussion Question" link and then select "Create Thread" to complete your initial post. Remember, once you click Submit, you cannot delete or edit your own posts, and cannot post anonymously. Please check your post carefully before clicking Submit!*

By Day 3

Post a 3- to 5-minute Kaltura video that addresses the following:

- Describe a client you are counseling whom you do not think is adequately progressing according to expected clinical outcomes.

*Note: Do not use the client's actual name.*

- Explain your therapeutic approach with the client, including the perceived effectiveness of your approach.
- Identify any additional information about this client that may potentially impact expected outcomes.

*Note: Nurse practitioners must have strong oral communication skills. This Discussion is designed to help you hone these skills. When filming your Kaltura video, be sure to dress and speak in a professional manner.*

View a selection of your colleagues' responses.

By Day 6

Respond to at least two of your colleagues by providing feedback based on an existential-humanistic therapeutic perspective. Support your feedback with evidence-based literature and/or your own experiences with clients.

*Note about uploading media: Refer to the Kaltura Media Uploader instructions document, which provides guidance on how to upload media for the Clinical Supervision Discussions. The Kaltura instructions are found in the course navigation menu.*

Submission and Grading Information

Grading Criteria

To access your rubric:

Week 8 Discussion Rubric

Post by Day 3 and Respond by Day 6

To participate in this Discussion:

Week 8 Discussion

## Week in Review

Now that you have:

- Assessed clients presenting for psychotherapy
- Evaluated the effectiveness of therapeutic approaches for clients receiving psychotherapy
- Applied existential-humanistic therapy to clients with psychiatric disorders

Next week, you will:

- Develop diagnoses for clients receiving psychotherapy
- Analyze legal and ethical implications of counseling clients with psychiatric disorders

## Practicum Week 9

This week, you develop diagnoses for clients receiving psychotherapy and consider legal and ethical implications of counseling these clients.

### Learning Resources

### Optional Resources

American Nurses Association. (2014). *Psychiatric-mental health nursing: Scope and standards of practice (2nd ed.)*. Washington, DC: Author.

Wheeler, K. (Ed.). (2014). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice (2nd ed.)*. New York, NY: Springer Publishing Company.

[American Psychiatric Association. \(2013\). \*Diagnostic and statistical manual of mental disorders \(5th ed.\)\*. Washington, DC: Author.](#)

## **Assignment: Practicum – Week 9 Journal Entry (Due In Week 10)**

### Learning Objectives

Students will:

- Develop diagnoses for clients receiving psychotherapy\*
- Analyze legal and ethical implications of counseling clients with psychiatric disorders\*

\* The Assignment related to this Learning Objective is introduced this week and submitted in Week 10.

Select a child or adolescent client whom you observed or counseled this week. Then, address the following in your Practicum Journal:

- Describe the client (without violating HIPAA regulations) and identify any pertinent history or medical information, including prescribed medications.
- Using the DSM-5, explain and justify your diagnosis for this client.
- Explain any legal and/or ethical implications related to counseling this client.
- Support your position with evidence-based literature.

Due By Day 7 of Week 10

No assignment due this week.

### Week in Review

Now that you have:

- Developed diagnoses for clients receiving psychotherapy
- Analyzed legal and ethical implications of counseling clients with psychiatric disorders



Next week, you will:

- Assess clients presenting for psychotherapy

Looking Ahead: Week 10 Clinical Supervision Discussion

Week 10 Discussion: In 3- to 5-minute Kaltura video, you will discuss an older adult client you have observed and/or counseled during your practicum experience. Be sure to make arrangements with your preceptor so you can fulfill the requirements of the Discussion. Refer to the Week 10 Discussion for additional guidance.

### **Practicum Week 10**

This week, you assess clients and consider the appropriateness of various therapeutic approaches.

Learning Resources

Optional Resources

Wheeler, K. (Ed.). (2014). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice* (2nd ed.). New York, NY: Springer Publishing Company.

[American Psychiatric Association. \(2013\). \*Diagnostic and statistical manual of mental disorders\* \(5th ed.\). Washington, DC: Author.](#)

[McGuire, J. \(2009\). Ethical considerations when working with older adults in psychology. \*Ethics & Behavior\*, 19\(2\), 112–128. doi:10.1080/10508420902772702](#)

### **Discussion: Clinical Supervision**

Personal reflection and discussion with colleagues is essential to your development as a psychiatric mental health nurse practitioner. In Week 8, you collaborated with

colleagues as you participated in your first Clinical Supervision. This week, you have the opportunity to continue your collaboration as you reflect on and discuss your experiences with counseling older adults. Keep in mind that although there may be challenges to counseling this population, these clients offer unique learning opportunities. For this Clinical Supervision, consider an older client you are counseling whom you do not think is adequately progressing according to expected clinical outcomes.

### Learning Objectives

Students will:

- Assess clients presenting for psychotherapy
- Evaluate effectiveness of therapeutic approaches for clients receiving psychotherapy

To prepare:

- Reflect on the clients you are currently counseling at your practicum site.

*Note: For this Discussion, you are required to complete your initial post before you will be able to view and respond to your colleagues' postings. Begin by clicking on the "Post to Discussion Question" link and then select "Create Thread" to complete your initial post. Remember, once you click Submit, you cannot delete or edit your own posts, and cannot post anonymously. Please check your post carefully before clicking Submit!*

By Day 3

Post a 3- to 5-minute Kaltura video that addresses the following:

- Describe an older client you are counseling whom you do not think is adequately progressing according to expected clinical outcomes.

*Note: Do not use the client's actual name.*

- Explain your therapeutic approach with the client, including the perceived effectiveness of your approach.
- Identify any additional information about this client that may potentially impact expected outcomes.

*Note: Nurse practitioners must have strong oral communication skills. This Discussion is designed to help you hone these skills. When filming your Kaltura video, be sure to dress and speak in a professional manner.*

View a selection of your colleagues' responses.

By Day 6

Respond to at least two of your colleagues by sharing additional insights or alternative perspectives. Support your feedback with evidence-based literature and/or your own experiences with clients.

*Note about uploading media: Refer to the Kaltura Media Uploader instructions document, which provides guidance on how to upload media for the Clinical Supervision Discussions. The Kaltura instructions are found on the Course navigation menu.*

Submission and Grading Information

Grading Criteria

To access your rubric:

Week 10 Discussion Rubric

Post by Day 3 and Respond by Day 6

To participate in this Discussion:

Week 10 Discussion

### **Assignment: Practicum – Weeks 9 & 10 Journal Entries And Journal Submission**

Learning Objectives

Students will:

- Develop diagnoses for clients receiving psychotherapy
- Analyze legal and ethical implications of counseling clients with psychiatric disorders
- Analyze how nursing and counseling theories guided personal practice in psychotherapy

The Learning Objectives are related to the Practicum Journal Assignments presented in Weeks 9 and 10.

Week 10 Journal Entry

Reflect on your overall practicum experience in this course. Then, address the following in your Practicum Journal:

- Explain whether your therapeutic theory has changed as a result of your practicum experiences. *Recall the theories you selected in Week 1.*
- Explain how you integrated the therapeutic approaches from this course in your clinical practice. Include how this helped you achieve the goals and objectives you developed in Week 1.

- Explain how you might impact social change through your work with clients who have mental health issues.
- Support your approach with evidence-based literature.

*Note: Be sure to use the Practicum Journal Template, located in the Learning Resources.*

By Day 7

Submit your Practicum Journal entries for Weeks 9 and 10. Refer to the weekly instructions for additional guidance.

Submission

To submit your completed Assignment for review and grading, do the following:

- Please save your Assignments using the following naming convention: “WK10 Journal+last name+first initial.”
- Click the Week 10 Assignment link.
- Next, from the Attach File area, click on the Browse My Computer button. Find the document you saved as “WK10 Journal+last name+first initial.(extension)” and click Open. Repeat for each of the Practicum Journal submissions.
- Click on the Submit button to complete your submission.

Grading Criteria

To access your rubric:

Week 10 Assignment Rubric

Check Your Assignment Draft for Authenticity

To check your Assignment draft for authenticity:

Submit your Week 10 Assignment draft and review the originality report.

Submit Your Assignment by Day 7

To submit your Assignment:

Week 10 Assignment

## **Practicum Reminder**

### Time Logs

You are required to keep a log of the time you spend related to your practicum experience and enter every patient you see each day. You can access your time log from the Welcome Page in your Meditrek account. You will track time individually for each patient you work with. Please make sure to continuously input your hours throughout the term.

### Week in Review

Now that you have:

- Assessed clients presenting for psychotherapy
- Evaluated the effectiveness of therapeutic approaches for clients receiving psychotherapy

Next week, you will ensure that your preceptor has signed off on your clinical hour log in Meditrek. You also log in to Meditrek and print out your Patient Log for this quarter.

## **Practicum [Week 11](#)**

This week, you ensure that your preceptor has signed off on your clinical hour log in Meditrek. You also log in to Meditrek and print out your Patient Log for this quarter.

Reminder: Clinical Hour and Patient Logs

This week, your preceptor must sign off on your clinical hour log in Meditrek. Contact your preceptor if you do not see this approval.

Additionally, be sure to log in to Meditrek at some point during the week and print out your Patient Log for this quarter. You will need to keep this log and provide it to healthcare organizations when requested, in order to secure privileges. It serves as a record of the patients you have seen.

*Congratulations! After you have finished all of the requirements for your Practicum, you have completed the course. Please submit your Course Evaluation by Day 7.*