



UNIVERSITY OF SASKATCHEWAN

College of Nursing

USASK.CA/NURSING

Course Title: NURS 321.3 Therapeutic Interventions for Individuals and Groups
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Pre-Requisites:

Course Descriptions:

Focuses on therapeutic nursing interventions with individuals and groups. Participants will explore an array of evidence informed concepts, theories, and interventions related to nursing in a variety of clinical settings, within the context of community and society. Ethically competent and culturally safe care will be explored through various nursing roles including counseling, advocating, teaching, leading, and supporting. Experiences in individual counseling and group facilitation will be provided through case simulation, labs, and course assignments.

Intent:

Learners will:

1. Discuss the importance of self-awareness and self-appraisal in nursing practice with individuals and groups.
2. Critically examine various theoretical approaches and evidence informed interventions and techniques utilized in therapeutic encounters with individuals and groups.
3. Apply appropriate therapeutic counseling strategies and techniques within therapeutic relationships with individuals and groups.
4. Explore the leadership role of the nurse in health promotion and quality improvement in the care of individuals and groups within an interprofessional context.
5. Demonstrate cultural safety in the provision of safe, competent and ethical nursing practice with individuals and groups.
6. Differentiate group dynamics and group processes in relations to various types of therapeutic groups (e.g., psychoeducational, cognitive-behavioral, supportive, psychotherapy, and self-help)

Content:

- Safe and competent practice
- Ethics
- Cultural safety
- Leadership
- Evidence informed practice and quality improvement