



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

|  |   |  |                      |   |   |                                |   |            |   |
|--|---|--|----------------------|---|---|--------------------------------|---|------------|---|
| Course Title                                     |   | Group Psychotherapies  |                      |   |   |                                |   |            |   |
| Course Code                                      |   | HRS524   |                      | Course Level  |   | Second Cycle (Master's Degree) |   |            |   |
| ECTS Credit                                      | 6 | Workload   | 144 ( <i>Hours</i> ) | Theory  | 2 | Practice                       | 2 | Laboratory | 0 |
| Objectives of the Course                         |   | The purpose of this course is to introduce the process of group psychotherapy and group field.   |                      |   |   |                                |   |            |   |
| Course Content                                   |   | This lesson including the historical process of group therapy, therapeutic factors in group therapy, process and technique of group therapy. |                      |   |   |                                |   |            |   |
| Work Placement                                   |   | N/A  |                      |   |   |                                |   |            |   |
| Planned Learning Activities and Teaching Methods |   |  |                      | Explanation (Presentation), Discussion, Case Study, Individual Study, Problem Solving |   |                                |   |            |   |
| Name of Lecturer(s)                              |   | Prof. Hülya ARSLANTAŞ  |                      |   |   |                                |   |            |   |

### Assessment Methods and Criteria

| Method              | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1        | 40             |
| Final Examination   | 1        | 60             |

### Recommended or Required Reading

|   |  |
|---|--|
| 1 | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989.  |
| 2 | Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996.   |
| 3 | Cook JJ, Fontaine KL. Essentials of Mental Health Nursing. Addison-Wesley, California, 1991.   |
| 4 | Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995.  |
| 5 | Fortinash KM, Holoday-Worret PA. Psychiatric Mental Health Nursing. Mosby Company, Boston, 1996.   |
| 6 | Janosik EH, Davies JL. Psychiatric and Mental Health Nursing. Second Edition, Jones and Bartlett Publishers, United States of America, 1989. |

| Week | Weekly Detailed Course Contents |  |
|------|---------------------------------|--|
| 1    | Theoretical                     | Definition and the history of group psychotherapy  |
|      | Preparation Work                | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989.<br>Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996.<br>Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 2    | Theoretical                     | Basic concepts and types of group psychotherapy  |
|      | Preparation Work                | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989.<br>Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996.<br>Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 3    | Theoretical                     | Therapeutic factors of group psychotherapy   |
|      | Preparation Work                | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989.<br>Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996.<br>Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 4    | Theoretical                     | Ethical issues related to group psychotherapy  |
|      | Preparation Work                | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989.<br>Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996.<br>Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 5    | Theoretical                     | Implementation subject related to group psychotherapy  |
|      | Preparation Work                | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989.<br>Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996.<br>Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |



|    |                   |  |
|----|-------------------|--|
| 6  | Theoretical       | The Group's leadership in the early and late phases of group process   |
|    | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 7  | Theoretical       | Therapeutic agents   |
|    | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 8  | Theoretical       | Basic tasks of the therapist   |
|    | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 9  | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
|    | Intermediate Exam | Midterm Exam   |
| 10 | Theoretical       | Therapist: here and now<br>Therapist: transfer and transparency  |
|    | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 11 | Theoretical       | Patient selection, components of therapy groups, creation of group ( place,time, width,preparing)  |
|    | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 12 | Theoretical       | Inception, advanced groups and problematic client / patients   |
|    | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 13 | Theoretical       | Group techniques   |
|    | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 14 | Theoretical       | Private groups and the group's termination   |
|    | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 15 | Theoretical       | Private groups and the group's termination   |
|    | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
| 16 | Preparation Work  | Birkhead LM. Psychiatric Mental Health Nursing. JB. Lippincott Company, Pennsylvania, 1989. Carson VB, Arnold EN. Mental Health Nursing. Saunders Company, London, 1996. Fortinash KM, Holoday-Worret PA. Psychiatric Nursing Care Plans, Mosby Company, Boston, 1995. |
|    | Final Exam        | Final exam   |



**Workload Calculation**

| Activity                                     | Quantity | Preparation | Duration | Total Workload |
|--|----------|-------------|----------|----------------|
| Lecture - Theory                             | 15       | 6           | 2        | 120            |
| Midterm Examination                          | 1        | 10          | 2        | 12             |
| Final Examination                            | 1        | 10          | 2        | 12             |
| Total Workload (Hours)                       |          |             |          | 144            |
| [Total Workload (Hours) / 25*] = <b>ECTS</b> |          |             |          | 6              |

\*25 hour workload is accepted as 1 ECTS

**Learning Outcomes**

|   |   |
|---|---|
| 1 | Knowing the history, description ,notion,kinds, ethical issue and the therapeutic agent of group psychotherapy. |
| 2 | Have knowledge about the practice of group psychotherapy.   |
| 3 | Understanding group leadership, group process, early and last periods.  |
| 4 | Understanding the basic tasks of the therapist in the process of group therapy.                                 |
| 5 | Comprehend the meaning of now and here at the therapeutic agent in the process of group therapy.                |
| 6 | Understanding transfer and transparency subject in group therapy process.                                       |
| 7 | Understanding; choosing patient, creating group, components of therapy groups subjects.                         |
| 8 | Knowing about beginning, advanced groups and problematical patients.  |
| 9 | Knowing principle of termination of group therapy and group therapy including special groups.                   |

**Programme Outcomes (Mental Health and Psychiatric Nursing Master)**

|   |  |
|---|--|
| 1 | Student has the current teorical and practical knowledge in master's degree in Psychiatric Nursing field based on his previous learning in bachelor's degree, student realises the knowledge, deepens and uses it. |
| 2 | Student shares and discusses his/her knowledge, current developments and his/her own researches systematically with groups from or outside of his/her field in written, verbal, or visual ways                     |
| 3 | Student follows based on evidence practises and makes researches creating evidence about Professional application in his/her own field.  |
| 4 | Student manages researches about his/her field independently or in an team.  |
| 5 | Students have information on statistics, uses related softwares efficiently, chooses correct statistical methods while making researches, has the skills to calculate and comment.                                 |
| 6 | Student can write the report of the research he/she made or participated and publishes it in an internationally accepted refereed journal or presents it in academical meetings.                                   |
| 7 | Student can make strategy and policy in topics related to Mental Health and Disorders Nursing, comments practise plans, and evaluates obtained results in scientific and ethical frame.                            |
| 8 | Student makes verbal and written communication using one foreign language at least B2 level in European Language portfolio.  |

**Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High**

|    | L1 | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|----|----|----|----|----|----|----|----|----|
| P1 | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  |
| P2 | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  |
| P3 | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  |
| P4 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  |
| P5 | 3  | 3  | 3  | 3  |    | 3  | 3  | 3  |
| P6 | 4  | 4  | 3  | 4  | 4  | 4  | 4  | 4  |
| P7 | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  |
| P8 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  |

