

# Unit Outline (Higher Education)

**Institute / School:** Institute of Health and Wellbeing

**Unit Title:** Therapeutics in Mental Health

**Unit ID:** HEMTL6001

**Credit Points:** 15.00

**Prerequisite(s):** Nil

**Co-requisite(s):** Nil

**Exclusion(s):** Nil

**ASCED:** 061301

**Description of the Unit:**

This unit focuses on evidence-based therapeutic interventions for recovery in a strengths-based mental health model. In this unit students will engage in both the theoretical and practical application of therapeutic interventions including comprehensive person centred nursing care in the context of mental health, non-pharmacological interventions such as psychotherapies within the scope of practice to promote recovery. Focused pharmacological strategies will be interrogated to provide the necessary theoretical knowledge for safe and effective practice for novice mental health clinicians. Emphasis is given to the theoretical underpinnings of evidence-based psychological interventions including cognitive behavioural therapies, motivational interviewing, and psycho-education

**Grade Scheme:** Graded (HD, D, C, P, MF, F, XF)

**Work Experience:**

No work experience

**Placement Component:** No

**Supplementary Assessment:** Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

**Course Level:**

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Learning Outcomes:

#### Knowledge:

- K1.** Articulates knowledge of and use of talk based therapies and psycho-pharmacology, including medication management, for common mental health and illness issues
- K2.** Demonstrates the role of the mental health nurse in a multi- disciplinary and multi-professional approach to treatment and recovery
- K3.** Demonstrate a critical understanding of the key models and theories of mental health care as they are applied to therapeutic intervention for mental health practice

#### Skills:

- S1.** Develops and maintains partnerships in care with consumers and their families/carers which focuses on the person, their right to choice and self-determination, and their inherent capacity for recovery
- S2.** Establishes therapeutic relationships with mental health consumers, their families/carers and significant others which are characterized by co-construction of care and collaborative engagement
- S3.** Respect individual worldviews and enhances critical thinking to challenge own and other's assumptions underpinning those worldviews

#### Application of knowledge and skills:

- A1.** Advocates for mental health consumers and their families, challenging discrimination, minimising stigma through the use of positive portrayal and working toward social inclusion and independence
- A2.** Expands the range of psycho-therapeutic interventions applied to recovery in different situations and contexts of care
- A3.** Expands the knowledge and use of talk based therapies and psycho-pharmacology, including medication management, for common mental health and illness issues

#### Unit Content:

Topics may include: Historical perspectives on psycho-pharmaco-therapies and non-pharmacological interventions Compliance, adherence and concordance Consumer carer participation and collaboration in care Psychopharmacology Psychotherapy and non-pharmacological interventions Electroconvulsive Therapy Resilience and recovery

#### Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K3, S1	Application of understanding of therapeutic interventions in mental health care	2 x self-marking quizzes (simple and extended multiple/multi choice items)	20-40%

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K3, S1, S2, S3, A1, A2, A3	Reflective contribution to an academically facilitated discussion forum on psycho-therapeutics	Online Engagement (fortnightly posts and responses to posts)	10-30%
K2, K3, S2, S3, A1, A2, A3	Application of understanding of therapeutic interventions in mental health care in a recovery oriented model to contemporary case scenarios	Critical reflection on each of a set of clinical case scenarios	40-60%

### Adopted Reference Style:

APA ()

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)