

2023



VISTA ACADEMY

A division of Vista Clinic

SHORT COURSE IN MENTAL HEALTH NURSING



Vista Academy, in partnership with Vista Clinic, offers practical and interactive short courses which consist of a number of in-depth modules, ranging from 1-5 days in duration, per module. They cater to specialised mental health professionals, nurses and care workers.

Modules do not necessarily have to be completed in order. Participants are welcome to book for individual courses according to their interest and availability. Certificates will be provided for each individual course.

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A Division of Vista Clinic | 135 Gerhard Street Centurion

2023 PROGRAMME



REGISTERED NURSES		
3 – 7 July 2023	Module 1: Psychiatric Nursing methods and skills	R 4850
14 – 18 Aug 2023	Module 2: Psychopathology	R 4850
4 – 8 Sep 2023	Module 3: Legal-Ethical and Theoretical aspects of Mental Health Nursing	R 4850
ENROLLED NURSES		
13 – 17 March 2023	Module 1: Psychiatric Nursing methods and skills	R 4850
8 – 12 May 2023	Module 2: Psychopathology	R 4850
5 – 9 Jun 2023	Module 3: Legal-Ethical and Theoretical aspects of Mental Health Nursing	R 4850
ENROLLED NURSING AUXILIARY		
13 – 14 April 2023	Module 1: Practising care in a psychiatric environment	R 3150
25 – 26 May 2023	Module 2: Understanding the different mental illnesses	R 3150
20 – 21 July 2023	Module 3: Moral values and a caring conduct	R 3150
CARE WORKERS		
2 – 3 March 2023	Module 1: Practising care in a psychiatric environment	R 3150
6 – 7 April 2023	Module 2: Caring for the MHCU with a mental illness	R 3150
22 – 23 Jun 2023	Module 3: Moral values and a caring conduct	R 3150

4 CPD Points

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OVERVIEW OF THE SHORT COURSE IN MENTAL HEALTH NURSING FOR REGISTERED NURSES AND ENROLLED NURSES

MODULE 1: PSYCHIATRIC NURSING METHODS AND SKILLS

1. **Orientation to the module**

2. **Facilitative communication**

Therapeutic attitudes

Non-verbal facilitative communication skills

Verbal facilitative communication skills

3. **The therapeutic relationship**

Definition of a therapeutic relationship

Characteristics of a therapeutic relationship

Phases of a therapeutic relationship/supportive interview

Problem-solving process

Barriers to a therapeutic relationship

Conducting a therapeutic interview (practical component)

4. **Therapeutic groups**

Definition of therapeutic groups

Types of therapeutic groups

Therapeutic factors of groups

Group dynamics

Group roles

Group stages

Role of the therapist in creating and maintaining therapeutic groups

Obstacles in therapeutic groups

Facilitation of a group (practical component)

5. **Mental health education**

Assessment

Planning

Implementation

Evaluation

Designing a visual aid for mental health education (practical component)

6. **Crisis intervention**

Definition of concepts

Characteristics of a crisis

Risk factors for crisis development

Phases in crisis intervention



OVERVIEW OF THE SHORT COURSE IN MENTAL HEALTH NURSING FOR REGISTERED NURSES AND ENROLLED NURSES

MODULE 2: PSYCHOPATHOLOGY

1. Orientation to the module

2. Anxiety disorders

Aetiology and incidence

Stress response

DSM 5 classification of disorders

Management

Nursing process

3. Mood disorders

Aetiology and incidence

DSM 5 classification of disorders

Suicidality

Management

Nursing process

4. Cognitive disorders

Aetiology and incidence

DSM 5 classification of disorders

Management

Nursing process

Psychotic disorders 5

Aetiology and incidence

DSM 5 classification of disorders

Management

Nursing process

Other disorders 6

Aetiology and incidence

DSM 5 classification of disorders

Violent/ aggressive behaviour

Management

Nursing process



OVERVIEW OF THE SHORT COURSE IN MENTAL HEALTH NURSING FOR REGISTERED NURSES AND ENROLLED NURSES

MODULE 3: LEGAL-ETHICAL AND THEORETICAL COMPONENTS OF MENTAL HEALTH NURSING

1. Orientation to the module

2. **Ethical theories and dilemmas**

Definition

Ethical dilemmas in mental health nursing

Ethical and bio-ethical theories

Process of ethical decision-making

3. **Legal aspects of mental health nursing**

4. **Nursing theories**

Peplau: Interpersonal relations in nursing

Theory for health promotion

5. **Psychological and biomedical theoretical frameworks**

Biomedical model

Psycho-analysis

Behaviourism

Cognitive-behavioural model

Client-centred therapy

Postmodernism

6. **Application of nursing process in mental health nursing**



OVERVIEW OF THE SHORT COURSE IN CARING FOR THE MENTAL HEALTH CARE USER ENROLLED NURSING ASSISTANTS AND CARE WORKERS

MODULE 1: PRACTICING CARE IN A PSYCHIATRIC ENVIRONMENT

1. Orientation to the module

2. Therapeutic use of self

Definition of values and beliefs

The importance of self-awareness of the nurse

Tools to evaluate self-awareness

3. The nurse-client relationship

Definition of the nurse-client relationship

Characteristics of the nurse-client relationship

Important attitudes of the nurse

Roles of the nurse

Barriers in the relationship

4. Facilitative communication

Definition of communication

Components of communication

The different types of communication

The barriers to communication

Rules for effective communication

5. Conflict resolution

Definition of conflict

The different types of conflicts

Conflict resolution and conflict management

The different styles of conflict management



OVERVIEW OF THE SHORT COURSE IN CARING FOR THE MENTAL HEALTH CARE USER ENROLLED NURSING ASSISTANTS AND CARE WORKERS

MODULE 2: CARING FOR THE MHCU WITH A MENTAL ILLNESS

1. Orientation to the module

2. Anxiety

Causes

Signs and symptoms of anxiety

Caring for the MHCU with anxiety

3. Depression

Causes

Signs and symptoms of Depression

Caring for the MHCU with Depression

4. Dementia

Causes

Signs and symptoms of dementia

Caring for the MHCU with dementia

5. Schizophrenia

Causes

Signs and symptoms of Schizophrenia

Caring for the MHCU with Schizophrenia



OVERVIEW OF THE SHORT COURSE IN CARING FOR THE MENTAL HEALTH CARE USER ENROLLED NURSING ASSISTANTS AND CARE WORKERS

MODULE 3: ETHICAL AND LEGAL ASPECTS OF CARING

1. Orientation to the module

2. Nursing theory

Florence Nightingales: Environmental theory

Define the following concepts:

Nursing Theory

Internal environment

External environment

Health and mental health

Legal aspects in caring for the Mental Health Care User 3

Discuss the Mental Health Care Act no 17 of 2022 with reference to:

Rights and responsibilities relating to MHCUs

Voluntary and assisted MHC

The use of seclusion or restraint.

Limitation of intimate adult relationships.

Exploitation and abuse

Function of the review board

Anti-stigma measures



Developing
with You



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