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Name of programme: Short Course - Legal and Ethical Guidelines - Psychiatry

Duration of programme	Credits	Course Outline per programme and/or per module
One week - Theory	20	The purpose of this course is to equip learners with the knowledge and skills to implement legislation applicable in Psychiatric Nursing Practice. The course is divided in three modules presented over five days.
Practical Assignments completion within a month		Module 1: This module provides an introduction to the Mental Health Care Act (Act No 17 of 2002). This module will help the learner to understand the act, to apply it in practice and to create a medical and legal environment that will provide comprehensive care for the mental healthcare user.
		Module 2: In this module learners will be introduced to the Promotion of Access to Information Act (hereinafter referred to as ProATIA) (Act No 2 of 2000). This module will contribute to understanding of the act and create a safe legal environment to protect the mental healthcare user's privacy.
		Module 3: The purpose of this module is to gain a clear understanding of what informed consent comprise of and to be able to apply it accordingly in practice.

Name of programme: Short Course in Life Skills

One week - Theory	20	The purpose of this module is to accompany the learner on a journey of self-discovery towards personal wellness, resulting in increased self knowledge and ownership of the
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		appropriate skills to manage life's stressors, conflicts and challenges.
Practical Assignments Completed within a month		DAY ONE - Connecting with the self
		DAY TWO - Connecting with others: Communication
		DAY THREE - Connecting in times of trouble I Conflict management Stress management
		DAY FOUR - Connecting in times of trouble II Crisis management Assertiveness Healthy relationships Problem solving and decision-making
		DAY FIVE - Evaluation and assessment

Name of programme: Short Course - Psychiatric Conditions

One week - Theory	20	Module 1: Introduction to Psychiatric Nursing and relevant theories.
Practical Assignments completion within a month		Module 2: Multi-axial diagnoses: DSM - IV multi-axial Evaluation system.
		Module 3: Anxiety Disorders. 1. The anxiety response. 2. Implement the nursing process in dealing with a client with an Anxiety Disorder.

		<p>Module 4: Mood Disorders.</p> <ol style="list-style-type: none"> 1. Implement the nursing process in dealing with a client with Bipolar Disorder/ Depression. 2. Critically discuss Electro Convulsive Therapy regarding treatment of Mood Disorders. 4. Discuss and implement scales used to assess suicidal risk in clients.
		<p>Module 5: Personality Disorders.</p> <ol style="list-style-type: none"> 1. Implement the nursing process in dealing with a client with Personality Disorder.
		<p>Module 6: Schizophrenia and other Delusional Disorders.</p> <ol style="list-style-type: none"> 1. Implement the nursing process in dealing with a client with Schizophrenia. 2. Critically discuss the appropriate medication used to treat Schizophrenia and the Psychopharmacological education to be given to the client.
		<p>Module 7: Eating Disorders</p> <ol style="list-style-type: none"> 1. Implement the nursing process in dealing with a client with Anorexia Nervosa.
		<p>Module 9: Dementia.</p>
		<p>Module 8: Substance Abuse Disorders.</p> <ol style="list-style-type: none"> 1. Implement the nursing process in dealing with a client with a drug Abuse Disorder.
		<p>Module 9: Dementia.</p> <ol style="list-style-type: none"> 1. Implement the nursing process in dealing with a client with Dementia. 2. Discuss and describe other Cognitive Disorders.
		<p>Module 10: Somatoform Disorders</p> <ol style="list-style-type: none"> 1. Describe the features of Somatoform Disorder. 2. Discuss the different types of Somatoform Disorders. 3. Implement the nursing process in dealing with a client with Somatoform Disorder.
		<p>Module 11: Influence of HIV in Psychiatry.</p> <ol style="list-style-type: none"> 1. Identify the Mental Illnesses associated with HIV/aids. 2. Describe the effect of HIV on Mental Health.
<p>Name of programme: Short Course -Therapeutic Environment and Interventions</p>		

One week - Theory	20	Module 1: Therapeutic use of the self and the environment Objective: To explore the self in order to gain knowledge and develop skills in order to use the self as a therapeutic tool.
Practical Assignments completion within one month		Module 2: Crisis intervention Objective: To effectively intervene during a crisis
		Module 3: Dealing with the aggressive MHCU Objective: To effectively deal with an aggressive Mental Health Care User
		Module 4: Dealing with the suicidal MHCU Objective: To identify the Mental Health Care User at risk and to effectively care for the Mental Health Care User with suicide ideation.
		Module 5: Dealing with the psychotic MHCU Objective: To effectively deal with the psychotic or delusional Mental Health Care User.

Name of programme: Short Course - Group Therapy

One week - Theory	20	The purpose of this course is twofold: Firstly to introduce new group facilitators to the therapeutic skills and effects of group therapy and, secondly, to refresh the existing skills and expertise of psychiatric nurses working in a therapeutic milieu.
Practical Assignments completion within one month		Day one: Ethical considerations in group therapy
		Day Two: Introduction to group therapy. Discuss group development, and the therapeutic benefits of group psychotherapy.
		Day Three: Group Therapy Interventions. Identify and implement intervention strategies for specific group situations
		Day Four: Facing challenges 1. Demonstrate the ability to design and implement a therapeutic programme for any group of mental health care users. 2. Facilitate groups under supervision. 3. Demonstrate the following

		attitudes: Fairness and impartiality in dealing with group members; Ability to set personal and professional boundaries; Develop assertiveness and group leadership skills
		Day five: Assessment