Nurses Content
Downloaded from nursescontent.com

Psychotherapies and Counselling

Mental Health Nursing

Individual psychotherapy, group therapy, cognitive behavioural therapy (CBT), behaviour therapy, family therapy, supportive therapy, counselling and nursing responsibilities.

For educational purposes only.

CHAPTER 20 / MENTAL HEALTH NURSING 20. Psychotherapies and Counselling

1. Concepts

Psychotherapy uses structured psychological methods and a therapeutic relationship to improve symptoms, functioning or coping. Counselling assists individuals in exploring concerns, choices and adjustment. Both require competence, informed consent, clear goals, privacy and appropriate boundaries. Nurses may deliver authorized supportive or structured interventions according to training; specialized psychotherapy requires qualified practitioners.

Therapy	Core approach and example
Individual psychotherapy	One-to-one formulation, goals and therapeutic work; may use varied models.
CBT	Links situations, thoughts, feelings and behaviour; identify patterns and test alternative responses.
Behaviour therapy	Learning principles, graded exposure, reinforcement and skill development; ERP for OCD.
DBT	Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.
Psychodynamic	Explores relational patterns, meanings and unconscious processes within professional framework.
Group therapy	Therapeutic group goals, peer learning and support; agreed confidentiality and safety.
Family therapy	Explores interaction patterns, communication, problem-solving and family resources.
Supportive psychotherapy	Encourages coping, reality-based problem-solving, strengths and support.

2. CBT example and behavioural approaches

Situation: upcoming clinical interview. Automatic thought: "I will fail at everything." Emotion: anxiety; behaviour: avoidance. Collaborative CBT identifies evidence, considers a more balanced thought, and develops graded practice. Behavioural activation schedules meaningful achievable activities for depression. Exposure is planned and consensual, not forced. Reinforcement increases desired behaviour; negative reinforcement is not punishment. Relaxation and problem-solving may support treatment but do not replace disorder-specific therapy.

Nurses Content
Downloaded from nursescontent.com

3. Counselling process

Establish rapport and consent, assess concerns/safety, clarify goals, explore options and strengths, implement agreed plan, summarize/review and refer when needs exceed competence. For groups evaluate readiness, purpose, membership and confidentiality limits. In family sessions respect patient privacy and avoid assigning blame; separate safety needs in abusive relationships. Monitor distress, outcomes and discontinuation issues.

NURSE'S CONTENT / MENTAL HEALTH NURSING 34

B.SC. NURSING / CHAPTER-WISE STUDY NOTES

4. Nursing role

Encourage attendance, reinforce skills in daily activities, coordinate team, assess barriers, document goals and observable participation, support homework where agreed and report risk or deterioration. Avoid promising cure or imposing beliefs. Use professional supervision and evidence-based practice.

5. Important Examination Questions

Long Answer Questions

1. 1. Explain types of psychotherapy and counselling and role of nurse.

Short Answer Questions

1. 1. Describe CBT and ERP
2. 2. explain group/family therapy
3. 3. differentiate counselling and advice-giving.

Very Short Answer Questions (with answers)

1. 1. What is CBT? - Cognitive behavioural therapy.
2. 2. What is behavioural activation? - Planned engagement in meaningful activities.

6. Quick Revision

- Therapy is collaborative.
- Respect consent and competence.
- Evaluate functioning and patient-defined goals.

7. Conclusion

Therapy is collaborative. Respect consent and competence. Evaluate functioning and patient-defined goals.

Practice questions

Choose one best answer. The answer key and explanations follow the questions.

1. Which group of skills is central to dialectical behaviour therapy?

A. Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness
B. Dream analysis, free association and interpretation alone
C. Medication titration, blood sampling and ECG interpretation

Nurses Content
Downloaded from nursescontent.com

D. Inventory control, budgeting and purchasing

2. Scheduling meaningful achievable activities for a person with depression is an example of what?

A. Unstructured reassurance

B. Behavioural activation

C. Psychodynamic interpretation

D. Diagnostic classification

3. Which therapy focuses on interaction patterns, communication and resources within the family?

A. Individual psychotherapy

B. Behaviour therapy

C. Family therapy

D. Supportive psychotherapy

Nurses Content
Downloaded from nursescontent.com

Answer key and explanations

1. A - Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness

DBT emphasizes the four skill areas listed in the chapter.

2. B - Behavioural activation

Behavioural activation plans engagement in meaningful achievable activities.

3. C - Family therapy

Family therapy explores family interactions, problem-solving and resources.

Source and attribution

Online chapter: https://nursescontent.com/learn/mental-health-nursing/unit-20-psychotherapies-and-counselling/

Downloaded from Nurses Content. Branding identifies the delivery website. Original author credits, third-party licences and applicable rights remain unchanged.