

Transitions in life and CBT in nursing

4 ECTS

The course introduction: This is a Nordplus course on Cognitive behavior therapy in nursing focusing on transitions in life throughout the life-span. The course is provided at the Faculty of Nursing, University of Iceland May 15-19, 2017, in collaboration with the Nordplus network Nordsne.

The course is on a graduate level and participants are students and teachers, coming from Riga Stradins University, Latvia, University of Lund, Sweden; Bergen University College and University of Iceland and University of Akureyri, Iceland

The course content has both national and international approach and includes material and discussions on transition in life, related to different types of transitions, and nurses use of CBT in facilitating the transition process for all age groups, for preventive and therapeutic purposes. Course participation includes scholarly presentations, student paper /case presentations, discussions, group work, and field trips where cognitive and or behavioral approaches are employed.

Course objectives/learning outcomes:

At the completion of the course, the student will be able to:

1. The student possesses knowledge and understanding of the main theories and basic concepts related to the Transitions middle-range theory by Meleis and Beck's cognitive behavioral therapy.
2. The student understands and adopts communications skills based on cognitive behavioral therapy to enhance the transitional experience among clients.
3. The students can integrate the knowledge they have acquired in this intensive course within their respective specialty and discuss novel ideas critically.

Course coordinators:

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Others Professors participating in the course:

Marrie J. Kaas, University of Minnesota, USA, kaasx002@umn.edu

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Ilona Zariņa, Riga Stradins University, Latvia, Ilona.Zarina@rsu.lv

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Reccomended key references:

Westbrook, D., Kennerley, H., & Kirk, J. (2011). *An introduction to cognitive behavior therapy. Skills and applications* (2nd Ed.). London, England: SAGE Publications. Chapters: 1, 2, 4, 7, 8, 9, 10. Optinoal: 12, 13.

[Meleis, A.I. \(2010\). Transitions theory, middle-range and situation-specific theories in nursing research and practice. New York, NY: Springer Publishing. Chapter 2.1, pp 51.](#)

Meleis, A. I., Sawyer, L. M., Im, E.O., Hilfinger Messias, D. K., & Schumacher, K. (2000). Experiencing transitions: An emerging middle-range theory. *Advances in Nursing Science*, 23(1), 12-28.

Preliminary program for course and field trips:

Monday, May 15th.

10:00-12:00	<p><i>Course Introduction and icebraker</i></p> <p><i>The theoretical background the course: CBT by Beck, main history, concepts, methods and skills</i></p> <p><i>The Mid-Range Theory of Transitions by Meleis</i></p>	Jóhanna Bernhardsdóttir Hildur Sigurðardóttir
12-13	<i>Welcome lunch</i>	
13-15	<p><i>A mindful stay in Iceland</i></p> <p><i>Students group work related to their own transitions in life as student nurses and young adults</i></p>	Gísli Kristofersson Jóhanna Bernhardsdóttir Hildur Sigurðardóttir and other participating teachers

Tuesday, May 16th

9:00-12	<p><i>Introduction to CBT formulation and five areas of assessment.</i></p> <p><i>Students group work related to:</i></p> <p><i>(a) own experience of transition in life or</i></p> <p><i>(b) client's experience of life</i></p>	Hildur Sigurðardóttir Jóhanna Bernhardsdóttir Hildur Sigurðardóttir and other participating teachers
12:00-16:00	<p>Field trip - <i>Introduction to CBT provided at the rehabilitation center Reykjalundur</i></p>	Rósa María Guðmundsdóttir

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Wednesday, May 17th.

9:00-12:00	<i>Cognitive Techniques: cognitive biases and cognitive restructuring</i> <i>Students group work. Cognitive restructuring</i>	Jóhanna Bernhardsdóttir Jóhanna Bernhardsdóttir Hildur Sigurðardóttir and other participating teachers
12-13	Lunch	
13-16	Behavioral activation Students group work	Jóhanna Bernhardsdóttir Hildur Sigurðardóttir and other participating teachers

Thursday, 18th

9:00-12:00	<i>Student's presentations of assignments</i>	Jóhanna Bernhardsdóttir Hildur Sigurðardóttir and other participating teachers
12-13	<i>Lunch</i>	
13 - 16	Field trip to Hveragerd: The NLFÍ Spa and Medical Clinic (bus will leave from Stakkarhlid at about 12:45 arriving in Hveragerdi around 13:30)	Margrét Grímsdóttir
16-18:30	Visit to Eyrarbakki and Stokkseyri	

Friday – May 19th

9:00	<i>Transitions among the elderly. Program closure.</i>	Merrie Kaas
10 – 12	<i>Participants evaluation of the course.</i>	Jóhanna Bernhardsdóttir Hildur Sigurðardóttir

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	<i>Discussions about the experience from the week spent in Iceland.</i> <i>Ideas for the future collaboration</i>	
12-14	<i>Lunch meeting of teachers</i>	Jóhanna Bernhardsdóttir Hildur Sigurðardóttir and other participating teachers

List of references suggested

- Beck, A.T. (1976). *Cognitive therapy and the emotional disorders*. New York, NY: Penguin Books.
- Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York, NY: The Guilford Press.
- [Meleis, A.I. \(2010\). *Transitions theory, middle-range and situation-specific theories in nursing research and practice*. New York, NY: Springer Publishing.](#)
- Meleis, A. I., Sawyer, L. M., Im, E.O., Hilfinger Messias, D. K., & Schumacher, K. (2000). Experiencing transitions: An emerging middle-range theory. *Advances in Nursing Science*, 23(1), 12-28.
- Westbrook, D., Kennerley, H., & Kirk, J. (2011). *An introduction to cognitive behavior therapy. Skills and applications* (2nd Ed.). London, England: SAGE Publications.
- Wenzel A., & Kleiman K. (2015). *Cognitive Behavioral Therapy for Perinatal Distress*, New York, Routledge.

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Student's assignments – guidelines.

Student's assignments will include individual work, group work and presentations during the course. Below is a short guideline for the course assignments as well as recommended references and preparation tasks.

- (a) **Transition in life – analyzing own experience.** – Students will choose own life transitional experience to analyze in accordance to Meleises's theory.

Preparation and recommended readings:

- *Think of and select some transitional experience in your life which you would be willing to share with other participants and work with in your assignments. This could for example be something related to you experience as a nursing student or as a young adult.*
- *Recommended readings/references:*
 - o [Meleis, A.I. \(2010\). Transitions theory, middle-range and situation-specific theories in nursing research and practice. New York, NY: Springer Publishing.](#) Chapter 1 pages 13 – 51.
 - o Meleis, A. I., Sawyer, L. M., Im, E.O., Hilfinger Messias, D. K., & Schumacher, K. (2000). Experiencing transitions: An emerging middle-range theory. *Advances in Nursing Science*, 23(1), 12-28.

- (b) **CBT formulation/a case conceptualization.** Student's work in groups of 3 developing a case formulation from a selected scenario within the group. Every student will bring a selected scenario to the group, for example, related to the previous assignment on certain transitional experience in life. The students in the group will share their scenarios with each other and select one for the group assignment where they will work on further assessments and case formulation.

Preparation and recommended readings:

- *Find a scenario to bring with you to share with your student group. This could, for example, be related to some transition in your life or your previous client's life -maybe the same as the one you found for assignment*
- *Recommended reading/references:*
 - o Westbrook, D., Kennerley, H., & Kirk, J. (2011). *An introduction to cognitive behavior therapy. Skills and applications* (2nd Ed.). London, England: SAGE Publications. Chapter 4 p. 67-

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(c) **Students work in groups on cognitive restructuring as well as behavioral activation.** The students will continue working in the same groups and it would be an option to use the same scenario as in (b) or select a new one within the group.

Preparation and recommended readings:

Recommended readings:

- Westbrook, D., Kennerley, H., & Kirk, J. (2011). *An introduction to cognitive behavior therapy. Skills and applications* (2nd Ed.). London, England: SAGE Publications. Chapters 8 and 9 (pp. 179 and 215).

Presentation and discussion: On Thursday morning the groups will present their assignments (case formulation) for the course participants (time limit will be around 15 min for each group).