

CHAPTER 8
Therapeutic Relationships

CONCEPTS OF THE NURSE-PATIENT RELATIONSHIP

Basis of all psychiatric nursing treatment approaches

To establish that the nurse is

- 1.
- 2.
- 3.
- 4.

Relationship with clear

THERAPEUTIC USE OF SELF

- ◆ Use personality consciously and in full awareness
- ◆ Attempt to establish relatedness
- ◆ Structure nursing interventions

GOALS AND FUNCTIONS

Facilitate communication of _____

Assist patient with _____

Help patient examine self-defeating _____

Promote self-care and independence

SOCIAL RELATIONSHIPS

Initiated for the purpose of....

Mutual needs are met

Communication to give advice....

Content of communication superficial

THERAPEUTIC RELATIONSHIPS

- ◆ Needs of patient identified and explored
- ◆ Clear boundaries established
- ◆ Problem-solving approaches taken
- ◆ New coping skills developed
- ◆ Behavioral change encouraged

NECESSARY BEHAVIORS FOR NURSES

- 1.
- 2.
- 3.
- 4.
- 5.

ESTABLISHING BOUNDARIES

- Physical boundaries
- The contract
- Personal space

BLURRING OF BOUNDARIES

When relationship slips into social context

When nurse's needs are met at the expense of...

BLURRING OF ROLES

Transference – patient unconsciously and....

Transference intensified in relationships of authority

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BLURRING OF ROLES (CONT.)

❖ Countertransference – P.T. displaces feelings onto...

- Patient's transference to nurse often results in countertransference in nurse
- Common sign of countertransference in nurse is

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VALUES, BELIEFS, AND SELF-AWARENESS

Nurse's values and beliefs:

- 1.
- 2.
- 3.

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PEPLAU'S MODEL OF NURSE-PATIENT RELATIONSHIP

Orientation phase

Working phase

Termination phase

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ORIENTATION PHASE

- 1.
- 2.
- 3.
- 4.
- 5.

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WORKING PHASE

Maintain relationship

Gather further data

Promote patient's

- 1. _____
- 2. _____
- 3. _____

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WORKING PHASE (CONT.)

- Facilitate behavioral change
- Overcome resistant behaviors
- Evaluate problems and goals
- Promote practice and expression of...

TERMINATION PHASE

- Summarize goals and objectives achieved
- Discuss ways for patient to...
- Review situations of relationship
- Exchange memories

NURSE-PATIENT RELATIONSHIP

- Consistency
- Pacing
- Listening
- Initial impressions

**NURSE-PATIENT RELATIONSHIP
(CONT.)**

Promoting patient comfort and balancing control

Patient factors include

- Trust
- Active participation

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**FACTORS THAT PROMOTE
PATIENT GROWTH**

Genuineness

Empathy (not sympathy)

Positive regard

- Attitudes
- Actions

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**FACTORS THAT PROMOTE
PATIENT GROWTH (CONT.)**

Attending

Suspending value judgments

Helping patients develop resources

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QUESTION 1

A nurse seeks to establish a relationship with a patient readmitted to the hospital. The patient has bipolar disorder, depressed type, and was hospitalized the preceding month. Which statement by the nurse would contribute to establishing trust?

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QUESTION 1 (CONT.)

“Weren’t you complying with your medication regimen?”

“It must be discouraging to be readmitted to the hospital so soon.”

“Everyone with bipolar disorder ends up in the hospital occasionally.”

“You must take your drugs as prescribed or you will be rehospitalized.”

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AUDIENCE RESPONSE QUESTIONS

3. A client preparing for discharge presents the nurse with a handmade card of appreciation for the care this nurse provided. Should the nurse accept the card?

A. Yes

B. No

C. Not sure

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