School of Nursing

NMIH303: Therapeutic Use of Self

Subject Outline
Autumn, 2015
On-Campus
Wollongong, Southern Sydney, Shoalhaven, Bega

Subject Information
Credit Points: 6
Pre-requisite(s): NMIH204
Co-requisite(s): Nil
Restrictions: Nil
Contact Hours: 2 hours lectures (online), 2 hour tutorial per week

Subject Contacts
Subject Coordinator/Lecturer

<table>
<thead>
<tr>
<th>Name:</th>
<th>Ms Jo-Anne Gray</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Wollongong, Building 41, Room 123</td>
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</tr>
<tr>
<td>Consultation mode and times:</td>
<td>Mondays 13:15-15:15 &amp; Tuesdays 10:00-12:00</td>
</tr>
</tbody>
</table>

Student Support and Advice
For general enquiries please contact the Student Centre:

Location: 41.152
Telephone: 61 2 4221 3492
Email: smah-students@uow.edu.au
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Section A: General Information

Subject Learning Outcomes

On completion of this subject, students should be able to:

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<tbody>
<tr>
<td>a)</td>
<td>Understand the concept of self and the role of self in the context of professional practice.</td>
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<tr>
<td>b)</td>
<td>Critically analyse the theoretical underpinnings of the therapeutic use of self.</td>
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<td>c)</td>
<td>Demonstrate and critically evaluate evidence of reflection on practice.</td>
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<tr>
<td>d)</td>
<td>Demonstrate use of boundary setting and conflict resolution in a professional context.</td>
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<tr>
<td>e)</td>
<td>Critically analyse and demonstrate the issues surrounding the presentation of the self in a variety of personal and professional contexts.</td>
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<tr>
<td>f)</td>
<td>Demonstrate appropriate use of action dimensions of therapeutic interventions (self, disclosure, confrontation and immediacy).</td>
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<tr>
<td>g)</td>
<td>Critically evaluate how spirituality and culture impact on and influence our interactions.</td>
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Subject Description

In the process of communication we are required to deal with the emotions, thoughts and actions of firstly ourselves and secondly people around us. Those we deal with in the health system are better served by clinicians who are aware of their own values and beliefs and who are willing to challenge and question those beliefs. However, for specific goal orientated and therapeutic communications in the professional context, our understanding is required to be more intensive. This subject will enable students to develop a portfolio of skills to assist them in any generalist or specialist clinical practice area. These skills will be developed through the use of simulation based on specific clinical situations. The skills learnt in this subject are transferable to all areas of the health service and both underpin and complement therapeutic communication skills. Students will have opportunities to further develop communication skills and to analyse, understand and demonstrate the concept of the therapeutic use of self.

Graduate Qualities

The University of Wollongong has developed five graduate qualities (http://www.uow.edu.au/student/qualities/index.html), which it considers express valuable qualities that are essential for UOW graduates in gaining employment and making an important contribution to society and their chosen field. Student development of the following graduate qualities will be enhanced by their participation in this subject:

1. **Informed**: Have a sound knowledge of an area of study or profession and understand its current issues, locally and internationally. Know how to apply this knowledge. Understand how an area of study has developed and how it relates to other areas.
2. **Independent learners**: Engage with new ideas and ways of thinking and critically analyse issues. Seek to extend knowledge through ongoing research, enquiry and reflection. Find and evaluate information, using a variety of sources and technologies. Acknowledge the work and ideas of others.
3. **Problem solvers**: Take on challenges and opportunities. Apply creative, logical and critical thinking skills to respond effectively. Make and implement decisions. Be flexible, thorough, innovative and aim for high standards.
4. **Effective communicators**: Articulate ideas and convey them effectively using a range of media. Work collaboratively and engage with people in different settings. Recognise how culture can shape communication.
5. **Responsible**: Understand how decisions can affect others and make ethically informed choices. Appreciate and respect diversity. Act with integrity as part of local, national, global and professional communities.

eLearning Space

This subject has materials and activities available via eLearning. To access eLearning you must have a UOW user account name and password, and be enrolled in the subject. eLearning is accessed via SOLS (student online services). Log on to SOLS and then click on the eLearning link in the menu column. For information regarding the eLearning spaces please use the following link: http://uowblogs.com/moodlelab/files/2013/05/Moodle_StudentGuide-1petpo7.pdf
Lecture, Tutorial, Laboratory Times
All timetable information is subject to variation. Check the latest information on the university web timetable via the Timetable link under Study Resources on the Current Students webpage or log into SOLS to view your personal timetable prior to attending classes.

Readings, References and Materials
Prescribed Textbooks
It is expected that students will purchase the following text.
Nil

Prescribed Readings (includes eReadings)
The following texts are prescribed for this subject, but students are not expected to purchase these. They are available to students through the library on the subject’s eLearning site.
Nil

Materials
DVD’s to produce assessment – copies for each student participating and one to tutor for marking.

Recommended Readings
Additional references that complement the prescribed readings and textbooks are available to students via the eLearning site for this subject.

Recent Changes to this Subject
i. Nil
List of Topics Covered

The following are examples of the topics to be covered in this course. This is not an exhaustive list and will be subject to change.

Professional Practice

| Personal and professional issues theoretical underpinnings of therapeutic use of self. | Presentation of self personally and professionally, boundary setting, nurses as healers, acknowledging limitations. |
| Self-efficacy. | Networks of support. |
| Confidentiality. | Trust, honesty and open disclosure. |
| Cultural competence. | Regard; empathy; healing and rapport. |
| Dilemmas and difficult choices. | Intrapersonal conflict in the workplace. |
| Personal safety. | Sexual safety. |

Critical Thinking and Analysis

| Critical thinking, decision making and problem solving. | Reflection in and on clinical practice. |
| Reflection in and on practice | - |

Provision and Coordination of Care

| Therapeutic use of self. | Counselling, listening, questioning. |

Collaborative and Therapeutic Practice

| Open disclosure. | Confrontation and immediacy. |
| Assertiveness, giving and receiving constructive feedback. | Persuasion, influencing, team work, positive regard, positive relationships and group dynamics. |
| Supervision. | - |
| Teaching. | Inspiring. |
| Coaching. | Motivating. |
| Humour. | - |
Section B: Assessment

Assessment Summary

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Form of Assessment</th>
<th>Due Date</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment 1</td>
<td>Reflection</td>
<td>Monday 23\textsuperscript{rd} March 2015 (Week 4)</td>
<td>50%</td>
</tr>
<tr>
<td>Assessment 2</td>
<td>DVD Production</td>
<td>As determined in Week 1 tutorial</td>
<td>50%</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Total Marks</strong></td>
<td>100%</td>
</tr>
</tbody>
</table>

Details of Assessment Tasks
Specific details about each assessment and the explicit marking criteria used to assess them will be available in the eLearning space for this subject by the first day of session.

Assessment 1  
| Due date       | Monday 23\textsuperscript{rd} March 2015 (Week 4) |
| Weighting      | 50%                                                |
| Submission     | Submit an electronic copy of your assessment via upload to eLearning |
| Type of Collaboration | Individual Assessment |
| Length         | 2,500 words, not including diary entries |
| Details        | Specific details about this assessment task are available in eLearning |
| Style and format | Diary entries & written reflection |
| Marking Criteria | The marking criteria for this assessment task are available in eLearning |

Assessment 2  
| Due date       | As determined in Week 1 tutorial |
| Weighting      | 50%                                                |
| Submission     | Submit an electronic copy of your written assessment via upload to eLearning AND Submit a hardcopy of your DVD to your tutor/demonstrator in class |
| Type of Collaboration | Group Project |
| Length         | DVD 8 minutes for filmed role play and 5 minutes for the filmed debrief = 13 minutes in total |
| Details        | Specific details about this assessment task are available in eLearning |
| Style and format | DVD Production and written report |
| Marking Criteria | The marking criteria for this assessment task are available in eLearning |

Minimum Requirements for a Pass in this Subject
To receive a clear pass in this subject a total mark of 50% or more must be achieved. In addition, failure to meet any of the minimum performance requirements is grounds for awarding a Technical Fail (TF) in the subject, even where total marks accumulated are greater than 50%.

The minimum performance requirements for this subject are:
- Attempt all assessment tasks
- Meet the minimum participation requirements set out below (Students’ attendance is required for all tutorial classes)

Minimum Student Attendance and Participation:
It is expected that students will allocate 12 hours per week to this subject, including any required class attendance, completion of prescribed readings and assessment tasks.
Students’ attendance is required for all tutorial classes. In exceptional circumstances, absence from one tutorial for the subject may be accommodated without penalty. Absences exceeding one (1) tutorial will require the submission of an application for Academic Consideration via SOLS and the presentation of suitable documentation, for example a Medical Certificate, to Student Central as soon as practical. For further details about applying for academic consideration visit the Student Central webpage: http://www.uow.edu.au/student/central/academicconsideration/index.html

Scaling:
Scaling will not occur in this subject.

Late Submission:
Late submission of an assessment task without an approved extension of the deadline is not acceptable. If you are unable to submit an assessment due to extenuating circumstances (e.g. medical grounds or compassionate grounds), you can make an application of academic consideration. Not all circumstances qualify for academic consideration. For further details about applying for academic consideration visit the Student Central webpage: http://www.uow.edu.au/student/central/academicconsideration/index.html

Students who have an active Reasonable Adjustment should contact the Subject Coordinator to request an extension on an assessment task. An extension can only be granted on formal request by the student and if the Reasonable Adjustment includes the provision of a possible extension for assessment tasks. If the provision of an extension is not included in the Reasonable Adjustment or if the circumstances affecting the student do not relate to the condition set out in the Reasonable Adjustment the student should apply for an Academic Consideration (see above).

Late Submission Penalty:
Marks will be deducted for late submission at the rate of 5% of the total possible marks for that particular assessment task per day. This means that if a piece of work is marked out of 100, then the late penalty will be 5 marks per day (5% of 100 possible marks per day). The formula for calculating the late penalty is: the total possible marks x 0.05 x number of days late. For the purposes of this policy a weekend (Saturday and Sunday) will be regarded as two days.

For example:
- Student A submits an assessment which is marked out of 100. The assessment is submitted 7 days late. This means that a late penalty of 35 marks will apply (100 x 0.05 x 7). The assessment is marked as per normal out of 100 and is given a mark of 85/100, and then the late penalty is applied. The result is that the student receives a final mark of 50/100 for the assessment (85 (original mark) – 35 marks (late penalty) = 50/100 (final mark)).
- Student B submits a report which is marked out of 20. The report is submitted three days late. This means that a late penalty of 3 marks will apply ((20 x 0.05 x 3). The report is marked as per normal out of 20 and is given a mark of 17/20, and then the late penalty is applied. The result is that the student receives a final mark of 14/20 for the report (17 (original mark) – 3 marks (late penalty) = 14/20 (final mark)).

No marks will be awarded for work submitted either after the assessment has been returned to the students or more than two weeks after the due date, whichever is the sooner. This does not apply to situations where a particular assessment task is undertaken by students at different times throughout the session, but where the assessment is based on experiments or case studies specific to a student. In this case no marks will be awarded for work submitted more than two weeks after the due date.

Notwithstanding this, students must complete all assessment tasks to a satisfactory standard and submit them, regardless of lateness or loss of marks, where submission is a condition of satisfactorily completing the subject.
Supplementary Assessments
Supplementary assessment may be offered to students whose performance in this subject is close to that required to pass the subject, and are otherwise identified as meriting an offer of a supplementary assessment. The precise form of supplementary assessment will be determined at the time the offer of a supplementary assessment is made.

Students can log on to SOLS and click on the link titled “Supplementary Assessment” to view any applicable offers. Further information about Supplementary Assessments is available at: http://www.uow.edu.au/student/exams/suppassessment/index.html

System of Referencing Used for Written Work
The Author-Date (Harvard) referencing system should, unless otherwise specified for a particular assessment (check Details of Assessment Tasks), be utilised. A summary of the Harvard system can be accessed on the Library website at: http://public01.library.uow.edu.au/refcite/style-guides/html/

Use of Internet Sources
Students are able to use the Internet to access the most current information on relevant topics and information. Internet sources should only be used after careful critical analysis of the currency of the information, the role and standing of the sponsoring institution, reputation and credentials of the author, the clarity of the information and the extent to which the information can be supported or ratified by other authoritative sources.

Plagiarism
The full policy on Academic Integrity and Plagiarism is found in the Policy Directory on the UOW website.

"The University's Academic Integrity and Plagiarism Policy, Faculty Handbooks and subject guides clearly set out the University's expectation that students submit only their own original work for assessment and avoid plagiarising the work of others or cheating. Re-using any of your own work (either in part or in full) which you have submitted previously for assessment is not permitted without appropriate acknowledgement. Plagiarism can be detected and has led to students being expelled from the University.

The use by students of any website that provides access to essays or other assessment items (sometimes marketed as ‘resources’), is extremely unwise. Students who provide an assessment item (or provide access to an assessment item) to others, either directly or indirectly (for example by uploading an assessment item to a website) are considered by the university to be intentionally or recklessly helping other students to cheat. This is considered academic misconduct and students place themselves at risk of being expelled from the University."

Submission of Assessments
Refer to the submission requirements under the details of the individual assessments. Students should ensure that they receive a receipt/evidence acknowledging assessment submission. Students will be required to produce this in the event that an assessment task is considered to be lost. Students are also expected to keep a copy of all their submitted assignments in the event that re-submission is required.

Assessment Return
Students will be notified when they are able to view their marked assessment. In accordance with University Policy marked assignments will usually only be held for 21 days after the declaration of marks for that assignment.
Section C: General Advice

Students should refer to the Faculty of Science, Medicine and Health website for information on policies, learning and support services and other general advice.

University Policies

Students should be familiar with the following University policies:

a. Code of Practice – Teaching and Assessment

b. Student Charter

c. Academic Integrity and Plagiarism Policy

d. Student Academic Consideration Policy

e. Course Progress Policy

f. Graduate Qualities Policy

g. Academic Grievance Policy (Coursework and Honours Students)

h. Policy and Guidelines on Non-Discriminatory Language Practice and Presentation

i. Children in the Workplace and Study Environment Policy

j. Intellectual Property Policy

Student Support Services and Facilities

Students can access information on student support services and facilities at the following link. This includes information on “Academic Support”, “Starting at University”, “Help at University” as well as information and support on “Career’s and Jobs”. http://www.uow.edu.au/student/services/index.html

Student Etiquette

Guidelines on the use of email to contact teaching staff, mobile phone use in class and information on the university guide to eLearning ‘Netiquette’ can be found at http://www.uow.edu.au/student/elearning/netiquette/index.html

Version Control Table

<table>
<thead>
<tr>
<th>Version Control</th>
<th>Release Date</th>
<th>Author/Reviewer</th>
<th>Approved By</th>
<th>Amendment</th>
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<tbody>
<tr>
<td>1</td>
<td>20150123</td>
<td>Ms Jo-Anne Gray</td>
<td>Ashleigh Rae</td>
<td>Final NMIH303 Autumn 2015 outline.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Subject Coordinator</td>
<td>ADE Nominee</td>
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