

Follow these guidelines when completing each component of the assignment. Contact your course faculty if you have questions.

A. General instructions

The psychiatric mental health nurse practitioner (PMHNP) may provide psychotherapy to couples, families, and groups using a variety of therapeutic techniques. Locate a brief video (approximately 5 minutes or less) portraying a group therapy session on YouTube or another website.

B. Include the following sections:

I. Application of Knowledge: Answer all questions/criteria with explanations and detail.

- Include a brief description of the session and a link to the video in your initial discussion post.
- Analyze the interactions between the group members. Identify the phase of group formation the group appears to be in. Include your rationale and evidence for your treatment phase selection.
- Describe the therapeutic approach and techniques the therapist is using.
- Discuss other therapy approaches that might be used by a therapist conducting the group.

II. Integration of Evidence: Integrate relevant scholarly sources as defined by [program expectationsLinks to an external site.](#):

- Cite a scholarly source in the initial post.
- Cite a scholarly source in one faculty response post.
- Cite a scholarly source in one peer post.
- Accurately analyze, synthesize, and/or apply principles from evidence with no more than one short quote (15 words or less) for the week.
- Include a minimum of two different scholarly sources per week. Cite all references and provide references for all citations.

Answer:

Couple, Family, and Group Therapy

This video presents a unique group therapy session that focuses on the complex issue of addiction. It provides a deep dive into the personal challenges, questions, and aspirations of individuals grappling with addiction. Led by a skilled therapist, the group engages in open discussions, offering each other mutual support, understanding, and opportunities for personal growth on the path to recovery. In this compassionate and respectful environment, participants bravely share their unique journeys of navigating the complexities of addiction. Through this collective experience, they seek comfort, affirmation, and motivation from one another to foster meaningful connections and bonds crucial to their healing. The video can be accessed through the following link: