Course Code: BSCN3003 Course Name: Mental Health Nursing

THERAPEUTIC COMMUNITY OR MILEU THERAPY



Course Code: BSCN3003 Course Name: Mental Health Nursing

Concept

- The concept of Therapeutic community Was first developed by Maxwell in 1953.
- He wrote a book entitled "social psychiatry" which was first published in England.
- Later on when it was published in the United states, it's title was changed to "therapeutic community"

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Definition

 "A therapy in which patient's social environment would be used to provide a therapeutic experience for the patient by involving him as an active participant in his own care and the daily problems of his community."



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Objectives

- Provide social environment
- Active participation
- Independent
- Aware about his/her behaviour



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Elements

- Free communication
- Shared responsibilities
- Active participation
- Involvement in decision-making
- Understanding of roles, responsibilities, limitaion and authorities

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Components

- Daily community meetings
- Patient government or ward council
- Staff meetings or review
- Living and learning oppurtunity



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Advantages

- Gain self confidence
- Develops leadership skills
- Becomes sociocentric
- Solve problems of self and others
- Learns to live and think



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Disadvantages

- Role blurring
- Groups responsibility can easily become nobody's responsibility
- Individual needs and concerns may not be met
- Patient may find the transition to community difficult



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Course Name: Mental Health Nursing

Role of the nurse

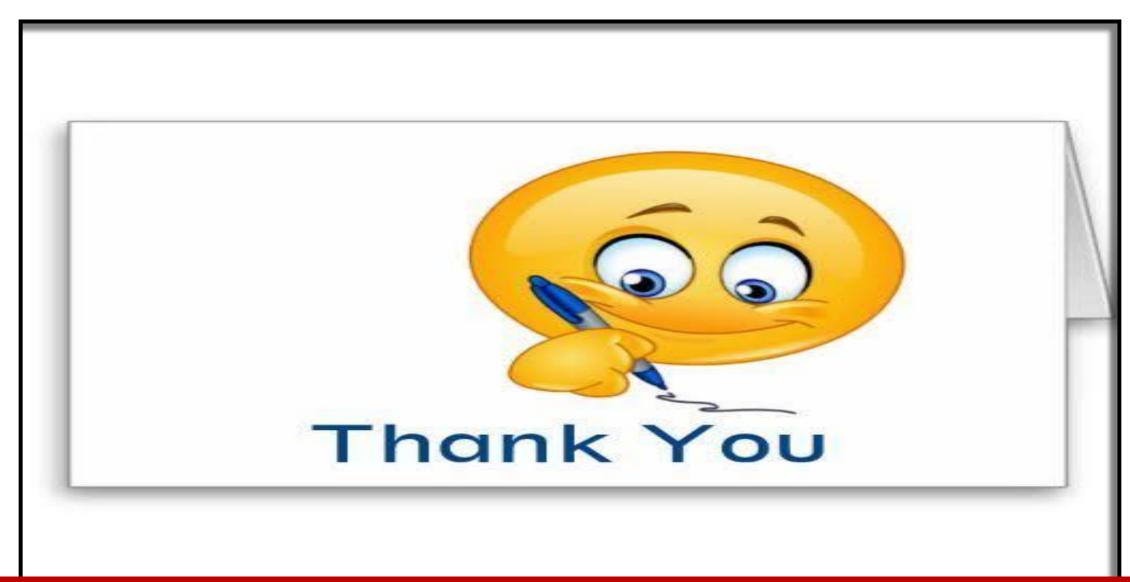
- A safe and conflict free environment
- Sharing responsibilities With patient
- Encourage patient to participate
- Giving feedback
- Caring out supervisory function
- Rehabilitative rather than custodial

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Refereneces

- <u>HTTPS://JOURNALS.SAGEPUB.COM/DOI/PDF/10.1177/070674377101600</u> 302
- https://www.rnpedia.com/nursing-notes/psychiatric-nursing-notes/therapeuticcommunity-milieu-therapy/
- http://currentnursing.com/pn/milieu_therapy.html

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