ENDING THE IDENTITY CRISIS: THE RESURRECTION OF PSYCHOTHERAPY IN CONTEMPORARY PMH-APRN PRACTICE

HISTORY & TRADITION OF PMH-APRN ROLE

DISCLOSURES

OVERVIEW

IMPLICATIONS OF THE LACE CONSENSUS MODEL
PHASING OUT OF THE PMHCNS ROLE

- ANCC Retiring PMHCNS Exams
  - Impact for redefining the place of psychotherapy in PMH-APRN Practice
  - Formerly emphasized in PMHCNS role > PMHNP role
  - Psychotherapy
  - Systems: Organizations, Consultation
  - Last application for PMHCNS Certification examination will be accepted on 12/31/16
  - http://nursecredentialing.org/adultpsychcns

PREVALENCE OF MENTAL ILLNESS AMONG U.S. ADULTS

- In 2014, an estimated 18.1% (43.6 million) U.S. adults age 18 and older experienced a mental disorder in the past year
- 4.3% (9.8 million) experienced a serious mental disorder with severe impairment

TRANSITION OF PSYCHOTHERAPY IN PMH-APRN ROLE

INCREASING DEMAND FOR PMH-APRNs
- When looking at the growing popularity of integrated care models and changes in healthcare delivery – the demand for PMHNP’s & PMHCNS will increase (9).
- With the passage of the Affordable Care Act (ACA), PMH-APRN’s made ideal providers in healthcare settings that necessitate the integration of primary care and psychiatric care (6) (7).

DECREASING UTILIZATION OF PSYCHOTHERAPY BY PMH-APRNs
- One of the challenges is the merging of the PMHNP and PMHCNS roles to include psychotherapy in the APRN practice (8).
- Many factors have contributed to the steady decline of psychotherapy, including cost and availability of PMH APRNs (4).

TRANSITION OF PSYCHOTHERAPY IN PMH-APRN ROLE

PMH-APRNs AND THERAPEUTIC RELATIONSHIPS & STRATEGIES
- Main goal continues to be the therapeutic relationship which is an intricate part of nursing philosophy and care, irrespective of psychotherapy modality used (9).
- Parrish et al identified 3 main therapeutic strategies used by APRNs: active listening, psychotherapy, and psychopharmacology; most common psychotherapy was CBT and IPT (10).

PMH-APRNs BALANCING PSYCHOTHERAPY AND PSYCHIATRIC MANAGEMENT
- Nursing curriculums need to consider integrating psychotherapy education alongside medication management with an emphasis on developing the therapeutic relationship (12).
- Important for APRNs to present evidence of research demonstrating efficacy and cost-effectiveness of psychotherapy (11).

PREVALENCE OF MAJOR DEPRESSIVE DISORDER AMONG U.S. ADULTS

- In 2014, an estimated 6.7% (15.7 million) U.S. adults aged 18 or older had at least one major depressive episode in the past year
- 4.3% (10.2 million) with severe impairment

REVIEW OF LITERATURE: EFFICACY OF PSYCHOTHERAPY

- 3 Psychotherapy Modalities Most Researched for Treatment of Depression
  - Cognitive Behavioral Therapy (CBT)
  - Interpersonal Therapy (IPT)
  - Psychodynamic psychotherapy (PsyDyn)
- American Psychiatric Association’s Clinical Practice Guideline for MDD
  - Recommends Psychotherapy (CBT, IPT, PsyDyn)
  - Psychopharmacology
  - Concurrent Psychopharmacology and psychotherapy
- In 2015, 10% of NIMH research funding was allocated to clinical trials research
  - Only 5.4% funding psychotherapy trials

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REVIEW OF LITERATURE: EFFICACY OF PSYCHOTHERAPY

• CBT (Cognitive Behavioral Therapy) founded by Aaron Beck, MD in the 1970s
  • How one structures their experiences determines how they feel and behave
  • Goal is to restructure dysfunctional, irrational thinking (13).
• IPT (Interpersonal Therapy) founded by Myrna Weissman, PhD and Gerald Klerman, MD in the 1980s for depression
  • Psychiatric disorders occur within an interpersonal social context.
  • Actively addresses two sources of depression: symptom function and social/interpersonal relationships (14).
• Psychodynamic psychotherapy founded by Sigmund Freud, MD at the end of the 19th century
  • Long-term approach (originally) that emphasizes the centrality of conflict among powerful desires, wishes, and fears (14).

REVIEW OF LITERATURE: EFFICACY OF PSYCHOTHERAPY

• Extensive research on antidepressants for persons with depression, but less data on the effects of psychotherapy alone.
  • Combination of medications and therapy shown to be the most effective strategy in treating depression (10).
• CBT and IPT have more extensive research showing efficacy with and without antidepressants than Psychodynamic psychotherapy for depression.
  • However, all three psychotherapies showed effectiveness in treating depression.
• Review of literature revealed a significant GAP in research conducted by nurse scientists studying the use of CBT, IPT, or Psychodynamic psychotherapy being utilized in practice by APRNs for depression.

HOW IS PSYCHOTHERAPY EDUCATION DEFINED AND UNDERSTOOD?

• High level forms of therapy
  • Rigorous training requirements with requisite clinical supervision
  • CBT
  • Psychodynamic
  • Insight-oriented modalities
  • Gestalt
  • Group psychotherapy
  • Marital / Family therapy
• Lower levels of therapy
  • Supportive psychotherapy
  • Psycho-education

AMERICAN PSYCHIATRIC NURSES ASSOCIATION SCOPE AND STANDARDS OF PRACTICE FOR PMHN (2014)

• Scope: Psychotherapy defined as “denotes a formally structured relationship between the therapist (PMH-APRN) and the healthcare consumer for the explicit purpose of effecting negotiated outcomes. This treatment approach to mental disorders is intended to alleviate emotional distress or symptoms, to reverse or change maladaptive behaviors, and to facilitate personal growth and development.”
• Standards: The PMH-APRN conducts individual, couples, group, and family psychotherapy using evidence-based psychosocial frameworks and the nurse-therapy therapeutic relationship.
  • Competencies include:
    • Uses knowledge of relevant biological, psychosocial, and developmental theories, as well as best available research evidence, to select therapeutic interventions for a healthcare consumer needs.
    • Applies therapeutic communication strategies based on evidence and research evidence to reduce emotional distress, facilitate experience, and behavioral change and foster personal growth.
    • Uses awareness of own emotional reactions and behavioral responses to others to enhance the therapeutic alliance.

HOW IS PMH-APRN CURRICULUM ON PSYCHOTHERAPY DETERMINED?

• SCOPE, STANDARDS, & COMPETENCIES
  • American Psychiatric Nurses Association
  • Scope & Standards
  • National Organization of Nurse Practitioner Faculties
  • NP / PMHNP Competencies
  • American Nurses Credentialing Center
    • Certification Eligibility & Maintenance

NATIONAL ORGANIZATION OF NURSE PRACTITIONER FACULTIES COMPETENCIES

• PMHNP Competencies Updated in 2013
• Follows LACE Consensus Model mandate for PMHNP educators to prepare graduates to treat clients across lifespan
• Core competencies based on both AACN’s Master’s and DNP Essentials for Graduate Education
NATIONAL ORGANIZATION OF NURSE PRACTITIONER FACULTIES COMPETENCIES

- Specific PMHNP 2013 Competencies Related to Psychotherapy Education
  - Applies supportive, psychodynamic principles, cognitive-behavioral and other evidence-based psychotherapies to both brief and long-term individual practice
  - Demonstrates best practices of family approaches to care
  - Applies recovery-oriented principles and trauma-focused care to individuals
  - Uses self-reflective practice to improve care
  - Applies therapeutic relationship strategies based on theories and research evidence to reduce emotional distress, facilitate cognitive and behavioral change, and foster personal growth

AMERICAN NURSES CREDENTIALING CENTER CERTIFICATION ELIGIBILITY

- Psychiatric-Mental Health Nurse Practitioner Certification eligibility criterion
  - Clinical training in at least two psychotherapeutic treatment modalities
  - Minimum of 500 faculty-supervised clinical hours (not specific to psychotherapy)
  - http://nursecredentialing.org/FamilyPsychMentalHealthNP

SURVEY OF PMHN GRADUATE PROGRAMS (WHEELER & DELANEY, 2008)

- N=68 PMH-APRN Programs
  - 84% offered PMHNP
  - 62% offered PMHCNS
  - 38% offered combined PMHNP/PMHCNS
  - 80 different textbooks were used to teach psychotherapy
  - Few programs required students to enroll in their own psychotherapy (encouraged though)
  - Cited university restrictions
  - Results supported a diversity of programs with “plurality” of psychotherapy approaches and models taught

WHAT PSYCHOThERAPY CONTENT IS BEING TAUGHT TO PMH-APRNS?... AND HOW?

- Evidence-Based Psychotherapies
  - Spectrum of Psychotherapies based on...
    - Preference of School / Program
      - Traditional vs. Most Contemporary
      - Focus of Substance Use Disorders Treatment Coverage
      - Availability of Preceptors
      - Inter-Disciplinary Preceptors
  - Scope, Standards, & Competencies of Practice
    - None delineate what schools of psychotherapy to teach
    - None specify how to provide psychotherapy clinical experiences

SURVEY OF PMHN GRADUATE PROGRAMS (WHEELER & DELANEY, 2008)

- Psychotherapy Practicum Hours
  - 50% programs had specified # practice hours specific to psychotherapy modalities
  - 50% programs combined psychiatric & psychotherapy hours
  - Some programs reported “student chooses 2 out of 3 treatment modalities”
  - Ranges for Psychotherapy Practicum Hours (if specified – Most Were Not)
    - [Range of 500-900 clinical hours for total program]
    - 50-440 Individual Therapy
    - 30-250 Group Therapy
    - 10-180 Family Therapy

SURVEY OF PMHN GRADUATE PROGRAMS (2014)

- N=12 PMH-APRN Programs
  - Ranges for Psychotherapy Practicum Hours (if Specified – Most Were Not)
    - [Range of 600-1000 clinical hours for total program]
    - Specific Therapy Practicum indicated even fewer hours allocated to psychotherapy
    - 45-100 Individual Therapy
    - 30-300 Group Therapy
    - 0-45 Family Therapy

Alternatives to Psychotherapy Practicum Hours Reported by Some Programs

- Inclusion of some forms of Addiction Treatment hours
- Lab hours with 2-way mirrors, video-recordings, journaling, & reflection
- Logging Supportive Psychotherapy portions of visits in conjunction with Psychiatric Med Management Visits
Model of the Mind

FIVE PSYCHODYNAMIC PEARLS OF WISDOM

- Therapeutic Alliance
- Transference / Countertransference
- Defense Mechanisms
- Transitional Object
- Meaning and Symbolism

TRAINING:
THREE EVIDENCE BASED APPROACHES

- Interpersonal Psychotherapy Institute
  - http://iptinstitute.com
- Cognitive Behavioral Institute
  - https://www.beckinstitute.org
- American Psychoanalytic Association
  - http://www.apsa.org

REFERENCES


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Donna Rolin, PhD, APRN, PMHCNS-BC; David Goen, MSN, PMHNP-BC; Sherrie Margiotta, MSN, PMHNP-BC; Angela Retano, RN, PMHNP-BC
**REFERENCES**