



EFFECTIVE: SEPTEMBER 2004

CURRICULUM GUIDELINES

A. Division: **Instructional** Effective Date: **September 2004**

B. Department / Program Area: **Health Sciences** Revision New Course

If Revision, Section(s) Revised: **C, H, J**

Date of Previous Revision: **May 8, 2001**

Date of Current Revision: **June 2004**

C: **NURS 1220** **D: Self and Other II: Creating Health - Promoting Re**

M: Course Objectives / Learning Outcomes

In this course students have opportunities to:

- § develop an understanding of their relationships with client, family and nursing team
- § begin to critically reflect on ethical ways of being in relationship
- § explore their relationships and relational capacities with clients of various ages who are experiencing chronicity and institutionalization
- § examine relational processes which support a growing understanding of the personal meaning their clients give to health and healing.
- § formulate a personal and professional conception of their role as a nurse when collaborating with the client, family and nursing team in establishing health promoting relationships.

N: Course Content:

The concepts from Self and Others I will provide participants with a foundation for continued advancement and understanding about self and self in relationships. In Self and Others II participants will move beyond personal discovery to a focus on relational caring. A list of concepts and essential content is presented below. Course concepts are elaborated in relation to the four foundational concepts (ways of knowing, personal meaning, time/transitions, culture/context) integrating the metaconcepts of caring and health promotion. Content related to the four foundational concepts varies depending on the interests, choices and experiences of course participants.

- § self-awareness (in relationship with others)
- § caring (acting in a moral and ethical way with others)
- § relational ethics (establishing a foundation for nursing practice)
- § empowerment (through relationships)
- § interpersonal process (1:1)
- § group process/community building (self as a member of a team)
- § perception/personal meaning (listening to, and understanding of, clients' experiences and narratives)
- § hegemony of traditional power structures within the client's environment (home, community, institution) and impact on client experience and relationships

Relational Processes

- § presencing/listening
- § synchrony/mutuality
- § capacity for ambiguity
- § contradictions within ourselves and others
- § intentionality
- § genuineness
- § warmth
- § respect
- § empathy
- § constructive giving and receiving of feedback
- § "being with" and "letting be"
- §

Course Content (cont'd.)

- immediacy