LECTURE OBJECTIVES:

1. Define Milieu therapy.
2. Explain the goal of therapeutic community/milieu therapy.
3. Identify the seven basic assumptions of a therapeutic community.
4. Discuss conditions that characterize a therapeutic community.
5. Identify the various therapies that may be included within the program of therapeutic community and the health-care workers who make up the interdisciplinary team.
6. Describe the role of the nurse on the interdisciplinary treatment team.
7. Compare social relationships to therapeutic relationships

VOCABULARY:

milieu
milieu therapy
milieu community

LECTURE OUTLINE:

I. Introduction: The American Nurses’ Association (ANA) Standards of Psychiatric-Mental Health Nursing Practice states: “The psychiatric-mental health nurse provides, structure, and maintains a therapeutic environment in collaboration with the client and other health care clinicians.

II. Milieu

A. Definition: a scientific structuring of the environment to effect the behavioral changes and to improve the psychological health and functioning of the individual.

B. Purpose: A 24 hour environment designed to provide a secure retreat for people whose capacity for coping with reality have deteriorated. It offers an opportunity to acquire coping skills.

C. Goal: The client is expected to learn adaptive coping, interaction, and relationship skills that can be generalized to other aspects of his/her life.
III. Basic assumptions of a therapeutic community (Skinner 1979)

A. The health in each individual is to be realized and encouraged to grow.
B. Every interaction is an opportunity for therapeutic intervention.
C. The client owns his/her environment.
D. The client owns his/her own feelings.
E. Peer pressure is a useful and powerful tool.
F. Inappropriate behaviors are dealt with as they occur.
G. Restrictions and punishment are to be avoided.

IV. Conditions That Promote a Therapeutic Community

A. Basic physiological needs are fulfilled.
B. The physical facilities are assigned according to client capabilities.
C. A democratic form of self-government exists. [community meetings]
D. Unit responsibilities are assigned according to client capabilities.
E. A structured program of social and work-related activities is scheduled as part of the treatment program.
F. Community and family are included in the program of therapy in an effort to facilitate discharge from the hospital.

V. The Program of Therapeutic Community

A. Directed by an interdisciplinary team.
B. A treatment plan is formulated by the team.
C. Team members of all disciplines sign the treatment plan and meet weekly to update the plan as needed.
D. Interdisciplinary team - The team meets at certain times and each discipline shares what they know about the patient and what they are doing. The team, together, develops treatment goals and plans.

1. Psychiatrist -
2. Clinical Psychologist
3. Psychiatric Social Worker -
4. Psychiatric Nurse -
5. Occupational Therapist -
6. Art Therapist -  
7. Music Therapist -  
8. Recreational Therapist -  
9. Dietitian -  
10. Psychiatric Assistant -  

VI. The Role of the Nurse  
A. Nursing process is used to manage the therapeutic environment on a 24-hour basis.  
B. Nurses have the responsibility for ensuring that clients’ physiological and psychological needs are met.  
C. Nurses also are responsible for:  
   1. Medication administration  
   2. Development of a one-to-one relationship - to facilitate the development of adaptive responses.  
   3. Setting limits on unacceptable behavior.  
D. Basic tool - Therapeutic Communication (active listening, restating, validation, focusing, and feedback, etc.)  
E. Framework of Therapeutic Nursing Environment  
   1. Safety -  
   2. Structure -  
   3. Support -  
   4. Socialization -  
   5. Self Understanding -  

VII. Relationship comparison  
A. Social Relationships vs Therapeutic Relationship  
   Spontaneous  
   Planned (Goal oriented)  
   Response to a mutual needs  
   Meet the needs of the patient  
   No time limit  
   Time limited and goal oriented  
   Limited by society’s norms  
   Patients are encouraged to express feelings and thoughts that may not be considered “socially acceptable.”