

The Therapeutic Interpersonal Relationship: Outdated or Ahead of its Time?

presented by

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Linda Beeber, PhD, PMHCNS-BC, FAAN is a board-certified psychiatric mental health Clinical Nurse Specialist who has practiced for more than 50 years and conducted funded mental health research for 25 years. Dr. Beeber and her multidisciplinary collaborators conducted funded randomized clinical intervention trials to reduce maternal depressive symptoms and enhance parenting in populations of mothers navigating multiple challenges while rearing infants and toddlers. Her team documented that mild to severe maternal depressive symptoms could negatively impact neurocognitive development in infants and toddlers during the entire child developmental era from fetus to three years of age, and identified how context-specific stressors were linked to maternal depressive symptoms in underserved populations coping with structural racism and impoverishment. Dr. Beeber's team tested the nurse-delivered in-home evidence-based treatment for depression and anxiety reaching healthcare-hard shipped communities by embedding care in trusted, non-mental health-focused home-visiting organizations (e.g., Early Head Start, the Nurse-Family Partnership, federal Early Intervention). These models reduced stigma and removed instrumental barriers to standard clinic-based care. Dr. Beeber disseminated her work through peer-reviewed papers, national and international presentations, and service on national policymaking panels. As an educator, academic administrator and psychiatric nursing leader (President of the American Psychiatric Nurses Association; Co-Chair of the Psychiatric Mental Health and Substance Abuse Expert Panel of the American Academy of Nursing), Dr. Beeber advocated to reduce the risk factors that threaten mental health, and improve the lives of people living with symptoms of mental illness through models of recovery, culturally-congruent symptom management, social support mobilization, and healthy lifestyle patterning.

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<https://hartfordhealthcare.zoom.us/j/96567324805>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

1. Use and strengthen therapeutic interpersonal relationship (TIR) to convey current evidence-based interventions for prevalent psychiatric-mental health conditions (the 3 P's --Presence, Power, Portability).
2. Recognize frequently-encountered ruptures in TIRs with clients and how to repair them (the 3 Rs of the real life TIRs -- Rupture, Recognition, Repair).
3. Move beyond generic stress management and practice self-care specifically for psychiatric mental health nurses using an updated application of Peplau's Interpersonal Relations in Nursing Theory.

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*TM. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Social Work: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 other continuing education credits.

Financial Disclosures:

- Nothing to disclose: Linda Beeber (Presenter); Ellen Blair (Nurse Planner & Sponsor); Michael Dewberry (Course Director); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Javeed Sukhera (Co-Director).

