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### Counseling skills for the psychiatric mental health nurse practitioner

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Counseling skills for the mental health client are specific and varied. Knowing how to deliver therapeutic speak to your clients enhances and encourages mental wellness. A review of skills such as active listening, attending, empathetic confrontation, focusing, paraphrasing and

many others all work towards intentional interviewing and counseling. Facilitating client wellness in a multi-cultural society can be challenging. Intentionality in your counseling can lead to better outcomes and thorough identification of client distress. Foundationally supported counseling helps the practitioner to feel competent and build a therapeutic relationship. Mastering the skills based on neuroscience and how the brain experiences emotion assists the practitioner to find the client's way to resolution. Finally, how the

practitioner's natural style can be incorporated into each counseling skill will be explored.

### Biography

Linda Peoples has completed her Ph.D. in Community Health/Human Ecology with a specialty in emergency management, from The University of Tn., Knoxville, a master's of Nursing Education from Southern Adventist University, a master's of Community Counseling from the University of Tn., Chattanooga, and is an RN, and Licensed Professional Counselor. She is currently an Associate Professor at Southern Adventist University, has published articles surrounding mental health concerns following Hurricane Katrina/Rita and has won research awards from The International Emergency Management Society.

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