

## SUMMER NURSING INSTITUTE

### School of Nursing American University of Beirut

**COURSE TITLE:** Stress Management: An Integrated Approach

**COURSE OFFERED:** AUB Summer Institute 2007

**FACULTY:** Laila Farhood, PhD, CS, RN  
Professor, School of Nursing, AUB

*Contact Information*

*Phone:* 01-374374, extension 5975

*E-mail:* [lf00@aub.edu.lb](mailto:lf00@aub.edu.lb)

And

Jouhayna Bejjani-Gebara, RN, MSN  
Clinical Instructor, School of Nursing, AUB

*Contact Information*

*Phone:* 01-374374, extension 5959

*E-mail:* [jb11@aub.edu.lb](mailto:jb11@aub.edu.lb)

**COURSE DESCRIPTION:** This course focuses on describing stress theories and the mind-body relationship. Participants will be exposed to cognitive and behavioral methods for the enhancement of personal functioning such as case studies, role play and active participation. It is geared towards individuals who desire personal growth and are willing to enhance their functioning.

#### **LEARNING OUTCOMES:**

*By the end of this course, students/participants will be able to:*

1. Identify causes of stress.
2. Recognize own stressors and responses.
3. Recognize the central role of cognition in emotion and behavior.
4. Identify ways of examining and challenging cognitive distortions.
5. Demonstrate knowledge of stress management techniques.

## **COURSE SCHEDULE**

*(Application exercises are in italics)*

### **June 25: Introduction to course and Stress Diary**

- *Pretest*
- *Discussion of course expectations*
- *Discussion of own stressors and coping styles*

### **June 26: Theories and Symptoms of Stress, Depression, and Anxiety: Physical, Intellectual, Emotional, and Behavioral**

#### **The Mind-Body Connection**

- *Case Scenarios and discussions*

### **June 27: Cognitive Strategies**

- **Controlling Thoughts**
- **Controlling Panic**
- **Controlling Depression**

#### **Behavioral Strategies**

- **Controlling the Body**
- **Controlling Actions**
- **Controlling Sleep**

- *Application Exercises: Thought Stopping, Positive Thinking, Reframing, Progressive Muscle Relaxation, and Mental Imagery.*

### **June 28: Healthy Intimate Relationships**

- **Interpersonal Techniques**
- **Interpersonal Role Dispute**
- **Transactional Analysis**

- *Application Exercises: Role play of Interpersonal skills and techniques and identification of link between interpersonal problems and stress.*

### **June 29: Putting it all together**

- *Application Exercises: developing a personal wellness plan*
- *Posttest*

## READINGS

- **Class Handouts**
- **Beck, J. S. (1995). *Cognitive Therapy: Basics and Beyond*. New York: The Guilford Press.**

## EVALUATION METHODS

Students will be graded as Pass/Fail based on the following:

### **Class Participation**

- Class attendance
- Participation in discussion and completion of readings

### **Case Scenarios and Class Assignments**

- Completion and active participation in case scenarios