CT/RT on the Curriculum in Oslo Norway
Diakonhjemmet University College of Nursing

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Background:

The nursing department at Diakonhjemmet University College has a 30-year-old tradition in encouraging their faculty in developing supervision and counselling skills as an important part of their competency. As health issues in society demanded a stronger emphasis on health promotion and lifestyle changes for disease prevention, the college saw the need to provide their nursing students not only with general knowledge about supervision but also with the objective to “arm” them with practical skills. Since the methods already used by faculty were largely eclectic, it was decided to seek and introduce a common method that fitted the specific requirements of the college.

Choice Theory and Reality Therapy was explored by a faculty member (Liv Thorhild Undheim) as a possibility in the late 1990’s and deemed as having a sound theoretical basis, being practically relevant and last but not least, ethically in accordance with the value base of the institution. The first basic workshop at the college was then held in 2001 by John Brickell. Since then he has been teaching and supporting the step-by-step development of the lecturing staff that were motivated for training, as well as facilitating faculty training. So far, about one third of the lecturing staff has completed certification, and of these, five have done their faculty training as practicum supervisors and Liv Thorhild is also a basic instructor.

A revision of the curriculum in 2008- introduce CT/RT in the bachelor of elective module. In the spring of 2010, Choice Theory was offered. Twenty- and were taught by me as basic supervisors: Grethe Giving, Nina Brunborg. The module stretched over three weeks but had a compulsory concentrated seven days of training, with a strong emphasis on role play.

The evaluations by the 27 students were, in my experience, at an all time high, with the vast majority rating the practical value and enjoyment of the training as excellent. One student summed it up:

*I feel that I found something I have been looking for in nursing. It meets much of what I want from my career and motivates me to continue training and to be a better nurse*

We are now on the verge of offering the module a second time around. Word has spread. This time we will need to facilitate about 50 students. Our aim is to continue staff training in CT/RT in order to offer our students the added value that real skills in supervising and counselling represent and thereby build a growing group of nurses that introduce CT/RT into the health care system in Norway.

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