History of the Program

To meet the critical demand for psychiatric mental health providers in the region, WSU Graduate Programs in Nursing has added a Psychiatric-mental Health Nurse Practitioner (PMHNP) graduate certificate program to our complement of advanced practice programs. Area providers have noted lengthy wait times to see a specialist for psychiatric problems and there is a shortage of PMHNPs throughout the state.

In an effort to meet this demand and support timely completion, this is a 15-month, full-time cohort program, mainly online, with 600 hours of clinical practicum and scheduled online class times. Students enrolling in this certificate program must have a nursing graduate degree. The greatest need is for primary care nurse practitioners to have added expertise/certification in care of persons and families managing psychiatric problems. Thus, the first cohort admitted in 2017 is comprised of persons who already hold a primary care nurse practitioner certification.

Admission to all Nurse Practitioner programs is considered on a regional basis, contingent upon the availability of regional clinical affiliate sites. Applications are due October 1st.

The program is primarily online and was approved by Minnesota State and by the Higher Learning Commission. Interested persons may contact Dr. Diane Forsyth, Professor, the Psychiatric-mental Health Graduate Education Coordinator at 507.280.5036 for additional information. Course information and a Plan of Study is located on the Graduate Certificate webpage.

Psychiatric-mental Health Nurse Practitioner Graduate Certificate Program Credits

Graduate Certificate: 24 credits (Including 10 clinical credits, 600 total clinical hours)

www.winona.edu/graduatenursing

Graduate Certificate

Students choosing the Psychiatric-mental Health Nurse Practitioner (PMHNP) Graduate Certificate Program are prepared with specialized knowledge, skills and abilities to provide care across the lifespan to individuals, families, groups, and communities with behavioral and mental health problems/disorders or the potential for such problems. Clinical practicum under the supervision of qualified preceptors will focus on psychiatric-mental health care in a variety of specialty areas with a rural emphasis. The Graduate Certificate (GC) is for nurses who have completed a previous graduate degree in nursing from a nationally accredited graduate nursing program and desire to prepare for certification as a PMHNP. Upon completion of this graduate certificate program, students are prepared for eligibility for the American Nurses Credentialing Center’s PMHNP examination.

All Graduate Certificate applicants must have completed advanced physical or health assessment, advanced pharmacology, advanced pathophysiology, and advanced health promotion prior to admission.

Apply for Graduate Nursing

Admission requirements and complete program information to the graduate nursing program may be found at www.winona.edu/graduatenursing

Have Questions?

Diane Forsyth, PhD, RN
Professor, Nurse Educator Program Coordinator
The Psychiatric-mental Health Graduate Education Coordinator
507.280.5036

Graduate Programs in Nursing

Psychiatric-mental Health Nurse Practitioner (PMHNP)

Graduate Certificate Program Information

www.winona.edu/graduatenursing
Program Orientation, Courses, and Clinical Rotations

Orientation - Required On Campus (WSU-Rochester) Orientation is scheduled for May 14 –16, 2018 (3 days). Students will meet on campus for orientation to this online program. Students will meet faculty, resource staff, and other students. Information and online resources for student success is provided (bring your laptop or other device for online work). Some virtual or simulated clinicals will occur.

NURS 609 - Psychopharmacology (2 Semester Hours) (Summer 2018)
This course includes principles of clinical psychopharmacology, including appropriate use of psychotropic medications for psychiatric problems and disorders. Psychotropic drugs are discussed in terms of actions; therapeutic effects; adverse, allergic and idiosyncratic reactions; indications and contraindications. The importance of sound evidence-based principles in the selection of psychopharmacologic interventions with attention to safety, cost, simplicity, acceptability, and efficacy are stressed. Appropriate patient education and monitoring for therapeutic and potential adverse outcomes, along with evidence for patient compliance and non-compliance, is discussed. The responsibilities related to the use of prescription and non-prescription psychiatric medications is also emphasized.

NURS 679 - Psychopathologic Disorders across the Lifespan: Neurobiology, Psychiatric Assessment and Essential Features, and Evidence-based Treatments (5 Semester Hours) (Summer 2018)
This course provides an overview of major psychopathologic disorders across the lifespan. Assessment skills for a complete psychiatric-mental health diagnostic evaluation are applied, including scope and practice for the Psychiatric-mental Health Nurse Practitioner (PMHNP) role. Knowledge and skills for differentiating between normal and abnormal findings and developing differential diagnoses for mental health problems and psychiatric diagnosis are critical components (e.g., use of DSM-V and other resources). Psychiatric assessments, age-appropriate treatment plans, evidence-based treatment modalities, and clinical outcomes are applied to case studies, with an emphasis on individuals and groups for short-term therapies. Clinical application of neurobiology, including genomics, for the psychiatric population is noted.

NURS 680 - Psychiatric-mental Health NP Role I (3 Semester Hours) (Fall 2018)
This course deals with diagnostic interpretation and therapeutic modalities for the PMHNP role and population. It includes knowledge about adult/geriatric mental health issues aligned with the DSM-V, the role and population competencies of the PMHNP, and concomitant interventions. Four major schools of therapy are reviewed: Supportive Therapy, Interpersonal Therapy, Cognitive Behavioral Therapy (CBT), and Solution Focused Therapy. Other forms of intervention are also discussed (e.g., community resources such as crisis lines, emergency care, and integrated health promotion with individuals and families). Special issues discussed include seclusion and restraint with hospitalized patients and other safety concerns, such as managing suicidal risk. A nursing holistic model for healing with psychotherapy is a framework. Interprofessional team work is emphasized. Designed to align with NURS 681 - Psychiatric-mental Health NP Role I CLINICAL.

NURS 681 - Psychiatric-mental Health NP Role I CLINICAL (4 semester Hours = 240 clinical hours) (Fall 2018)
Clinical aligns with NURS 680 - Psychiatric-mental Health NP Role I. Emphasis is on application of psychiatric-mental health assessments, building therapeutic relationships, and interprofessional care planning and management of adult and geriatric populations. Care of individuals is the focus, with clinical supervision.

NURS 682 - Psychiatric-mental Health NP Role II (3 Semester Hours) (Spring 2019)
This course includes knowledge and skills related to complex adult-mental health illnesses and child/adolescent psychiatric specific illnesses, laboratory interpretations, and concomitant interventions (e.g., Psychopharmacology, Dialectical Behavioral Therapy [DBT]). Principles and practice in group therapy are taught. Principles of recovery are noted. Community resources are explored (such as National Alliance for Mental Illness [NAMI] and local resources), with emphasis on one’s own locality. Aligns with NURS 683 - Psychiatric-mental Health NP Role II CLINICAL.

NURS 683 - Psychiatric-mental Health NP Role II CLINICAL (4 Semester Hours = 240 clinical hours) (Spring 2019)
Clinical aligns with NURS 682 - Psychiatric-mental Health NP Role II. Emphasis is on group therapy and work with families as a group, psychoeducation, and integration of psychiatric-mental health care into primary care settings. Continuation of psychiatric pharmacologic and non-pharmacologic interventions for patients with complicated management, as well as family, and community resources for care are applied to various settings with clinical supervision.

NURS 686 - Psychiatric-mental Health NP Role Synthesis Seminar (1 Semester Hour) (Summer 2019)
This seminar course deals with the PMHNP scope of practice, legal issues, teamwork in a variety of settings; billing/insurance issues; ethical care; and preparing for the PMHNP exam. Emphasis is on clinical practice management and clinical decision-making.

NURS 687 - Psychiatric-mental Health NP Role Synthesis CLINICAL (2 Semester Hours = 120 clinical hours) (Summer 2019)
This final clinical course is in a clinical setting(s) of the student’s choice. Students work with faculty to create their own clinical learning objectives to meet needed PMH NP competencies for responsible clinical decision-making. Clinical supervision is continued.

Program Delivery Methods and Class Schedule

Classes are offered primarily online with additional scheduled class meetings (via webinar) with cohort students and faculty. Clinical sites are arranged in a variety of settings to meet the certification requirement for population across the lifespan. Clinical placement is arranged for all students admitted. Placement occurs in designated regional clinical affiliate sites.

The scheduled class meetings for the cohort group starting Summer 2018 are: (Tuesdays) * May 22, June 12, July 10, and July 31 beginning at 4:00 p.m. Two courses (7 credits total) begin the program Summer 2018.

* Class dates and times may be adjusted.