

MILIEU THERAPY

- Milieu therapy is a method for treating mental health conditions using a person's surroundings to encourage healthier ways of thinking and behaving.
- Milieu therapy is a type of psychotherapy that seeks to control your environment to keep you safe, improve your ability to learn new mental health skills, and encourage attitudes like respect and positivity.
- The word milieu is French for "middle." The English translation of the word is "surroundings, or environment".
- In psychiatry, therapy involving the milieu, or environment, may be called milieu therapy, therapeutic community, or the therapeutic environment.

DEFINITION OF MILIEU THERAPY

Milieu Therapy is a scientific structuring of the environment in order to effect behavioral changes and to improve the psychological health and functioning of the individual.

(Skinner, 1979).

AIMS

- To manipulate the environment so that all aspects of the clients experiences are considered therapeutic.
- Within the therapeutic community setting client is expected to learn adaptive coping, interaction and relationship skills that can be generalized to other aspects of his or her life.

HISTORICAL ASPECTS OF MILIEU THERAPY

- Milieu therapy came into its own during the 1960s through early 1980s.
- During this period, psychiatric inpatient treatment provided sufficient time to implement programs of therapy that were aimed at social rehabilitation.
- Nursing's focus of establishing interpersonal relationships with clients fit well within this concept of therapy.
- Patients were encouraged to be active participants in their therapy and individual autonomy was emphasized.

BASIC ASSUMPTIONS

Skinner (1979) outlined seven basic assumptions on which a therapeutic community is based:

1. The health in each individual is to be realized and encouraged to grow.
2. Every interaction is an opportunity for therapeutic intervention.
3. The client owns his or her own environment.
4. Each client owns his or her behavior.
5. Peer pressure is a useful and a powerful tool.
6. Inappropriate behaviors are dealt with as they occur.
7. Restrictions and punishment are to be avoided.

CONDITIONS THAT PROMOTE A THERAPEUTIC COMMUNITY

- Basic physiological needs are fulfilled. As Maslow (1968) suggested, individuals do not move to higher levels of functioning until the basic biological needs for food, water, air, sleep, exercise, elimination, shelter, and sexual expression have been met.
- The physical facilities are conducive to achievement of the goals of therapy. Space is provided so that each client has sufficient privacy, for therapeutic interaction with others.
- Furnishings are arranged to present a home like atmosphere, dining and activity areas for facilitation of interpersonal interaction and communication.

CONT.....

- A democratic form of self-government exists. In the therapeutic community, clients participate in the decision-making and problem-solving that affect the management of the treatment setting. This is accomplished through regularly scheduled community meetings.
- Responsibilities are assigned according to client capabilities. Increasing self-esteem is an ultimate goal of the therapeutic community. Therefore, a client should not be set up for failure by being assigned a responsibility that is beyond his or her level of ability.

CONT.....

- A structured program of social and work-related activities is scheduled as part of the treatment program. Each client's therapeutic program consists of group activities in which interpersonal interaction and communication. Time is also devoted to personal problems. Various group activities may be selected such as an exercise group.
- Community and family are included in the program of therapy in an effort to facilitate discharge from treatment. An attempt is made to include family members, as well as certain aspects of the community that affect the client, in the treatment program.

THE PROGRAM OF THERAPEUTIC COMMUNITY

- Care for clients in the therapeutic community is directed by an interdisciplinary treatment (IDT) team.
- An initial assessment is made by the admitting psychiatrist, nurse or other designated admitting agent who establishes a priority of care.
- The IDT team determines a comprehensive treatment plan and goals of therapy and assigns intervention responsibilities.
- All members sign the treatment plan and meet regularly to update the plan as needed.
- Depending on the size of the treatment facility and scope of the therapy program, members representing a variety of disciplines may participate in the promotion of a therapeutic community.

MEMBERS OF INTERDISCIPLINARY TEAM

PSYCHIATRIST

CLINICAL PSYCHOLOGIST

PSYCHIATRIC CLINICAL NURSE SPECIALIST

PSYCHIATRIC NURSE

MENTAL HEALTH TECHNICIAN

MEMBERS OF INTERDISCIPLINARY TEAM

PSYCHIATRIC SOCIAL WORKER

OCCUPATIONAL THERAPIST

RECREATIONAL THERAPIST

MUSIC THERAPIST

ART THERAPIST

PSYCHODRAMATIST

ROLE OF NURSE IN MILIEU THERAPY

- Milieu therapy can take place in a variety of inpatient and outpatient settings.
- Nurses spend time with the clients on a 24-hour basis.
- In all settings, the nursing process is used for the delivery of nursing care
- Ongoing assessment, diagnosis, outcome identification, planning, implementation, and evaluation of the environment are necessary for the successful management of a therapeutic milieu.
- Nurses are involved in all day-to-day activities that pertain to client care.

CONT.....

- Suggestions and opinions of nursing staff are given serious consideration in the planning of care for individual clients.
- Information from the initial nursing assessment is used to create the IDT plan.
- Nurses have input into therapy goals and participate in the regular updates and modification of treatment plans.
- Clients must be encouraged to perform as independently as possible in fulfilling activities of daily living.
- Nurse must make ongoing assessments to provide assistance for those who require it.
- Reality orientation for clients who have disorganized thinking or who are disoriented or confused is important in the therapeutic milieu.

CONT.....

- Nurses should ensure that clients have written schedules of activities to which they are assigned and that they arrive at those activities on schedule.
- Some clients may require an identification sign on their door to remind them which room is theirs.
- Nurses are responsible for the management of medication administration on inpatient psychiatric units.
- In some treatment programs, clients are expected to accept the responsibility and request their medication at the appropriate time.
- Nurse must encourage clients to be self-reliant.

CONT.....

- Nurses must work with the clients to determine methods that result in achievement and provide positive feedback for successes.
- A major focus of nursing in the therapeutic milieu is the one-to-one relationship that grows out of a developing trust between client and nurse.
- Client is encouraged to express feelings and emotions and to discuss unresolved issues that are creating problems in his or her life.
- The nurse is responsible for setting limits on unacceptable behavior in the therapeutic milieu.
- These limits must be established, written, and carried out by all staff.

CONCLUSION

- Milieu therapy is becoming more popular and important to mental health treatment as more people are being treated in their community rather than as inpatients in hospitals.
- This therapy has been used in psychiatric hospitals, psychiatric wards in general hospitals, and group living situations for many years.
- In recent years, it's been adapted to assist people receiving psychiatric treatment within their home community.

**Any Questions....
Just Ask!**





**Thank
You**