

Example of a Good Group-Facilitated Discussion

This is an example of what a well-put-together group discussion with prompts will look like. It includes a summarized overview introduction, at least four resources for classmates to review, and four discussion prompts to elicit engaging discussion.

Topic:

Writing a Mental Health Case Study

Summarized Overview Introduction:

In this discussion, we'll review how to write a case study for a mental health client that will be used in teaching. The first step in writing a case study is to review lived experiences for ideas and support. This will give a more realistic look into the journeys of struggle, recovery, break-throughs, and misperceptions.

The potential outcomes for any lived experience can then be reviewed. This includes qualitative data, such as facts and mitigating emotions, evidence of human tragedy and/or resilience, as well as the impact to hope, dignity, and the human spirit. Gathering information such as this can uncover profound teaching moments that express the feelings and give the learner a solid understanding of how the situation feels.

The learner needs to become close to the topic matter of the case study in order to properly evaluate the entire situation. The case study needs to contain the right amount of details to give the learner an understanding of how the event started, the interventions and assessments that were completed, and the current status.

A quality case study will give the students an opportunity to answer prompts pertaining to the topic. A prompt may include things like having the learner explore other details, provide a summary of a mental status, or determine an intervention at this point. The case study may also provide further topics for the learners and their peers to discuss.

Resources:

How to Write a Psychology Case Study: <https://www.indeed.com/career-advice/career-development/how-to-write-psychology-case-study>

How to Write a Case Study Paper for Nursing: <https://www.referencepointsoftware.com/article-write-a-nursing-case-study-paper/>

A critical lived experience perspective on the impact of the COVID-19 pandemic on mental health nurses and service users: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8447423/>

Engaging Lived Experiences: <https://mharesource.rnao.ca/section-three/engaging-lived-experience>

Discussion Prompts:

1. What specific challenges do you foresee when creating lived experience case studies for mental health nursing? Cite two sources to support your reasoning.
2. Why are case studies a valuable method to teach mental health nursing students? Cite two sources to support your reasoning.
3. Let's say your boss requests you to create a case study for an upcoming training session. Summarize your approach and support your reasoning.
4. What types of questions do you feel stimulate the learning process when working with a case study? Explain and support your reasoning.