

Set 3: Mnemonics

The content of Unit V structures its information logically. Use mnemonics to recall the content sections.

Mnemonic 1: The Four Main Therapy Categories

The unit lists four categories of treatments: **Physical**, **Psychological**, **PSychosocial**, and **Alternative & Complementary**.

Mnemonic Suggestion: Please **Put PSy**chiatric Aid Carefully.

- Physical therapies
- Psychological Therapies
- **PSy**chosocial Therapies
- Alternative & Complementary Therapies

Mnemonic 2: The Six Types of Psychosocial Therapies

Unit V lists six specific Psychosocial therapies: **Group** therapy, **Family** therapy, **Therapeutic Community**, **Recreational** therapy, **Art** therapy, and **Occupational** therapy.

Mnemonic Suggestion: Great **Families Take Care, Remembering And Operating.**

- Group therapy
- Family therapy
- Therapeutic Community
- **Recreational** therapy
- **Art** therapy
- **Occupational** therapy

Set 4: Match the Following

Match the treatment modality or concept from Column A with the correct classification category or associated nurse role from Column B, based on the Unit V content and related clinical requirements.

Column A (Treatment/Concept) Column B (Classification/Role)

- | | |
|--------------------------|---|
| 1. Psychopharmacology | A. Psychosocial Therapies |
| 2. Behaviour therapy | B. Physical Therapies |
| 3. Therapeutic Community | C. Psychological Therapies |
| 4. Assisting in ECT | D. Skill performed by the nurse in the Inpatient ward |
| 5. Relaxation | E. Alternative & Complementary Therapies |

Answers:

1. **Psychopharmacology** \rightarrow **B.** (Physical therapies)
2. **Behaviour therapy** \rightarrow **C.** (Psychological Therapies)
3. **Therapeutic Community** \rightarrow **A.** (Psychosocial Therapies)
4. **Assisting in ECT** \rightarrow **D.** (This is a specific skill listed under Inpatient ward competencies)
5. **Relaxation** \rightarrow **E.** (Alternative & Complementary Therapies)

