**Week 1 Journal entry: select one nursing theory** **explain why you selected this theory, develop goals and objectives for practicum experiences, and create a timeline for practicum activities.**

**Nursing theory: The Benner Model**

Anticipation of the unknown can cause anxiety for the novice practitioner. Speaking from experience, I was very apprehensive about starting this practicum experiences. I struggled with the how, what, when, and why and for this reason I selected the Benner’s model for nursing theory. Nursing theories and models play a pivotal role in the development of nursing practice by promoting independence of nurses that provide nursing care. Patricia Benner a nursing theorist coined the Benner model to explain the concept form novice to expert. The theory identifies the five level of nursing experience respectively: novice, advanced beginner, competent proficient, and expert (Wheeler, 2014).

According to Aboshaiqah and Qasim (2018), preceptorship is the transition period where nurse practitioner students has to get engaged with clinical nursing practice. This transition has been reported as stressful time. The novices are also called theoretical knowledge, they have limited experience to practice but they can relate to theoretical knowledge. The advanced beginner is the student at 6 months or less, they can grasp the concept of the patient’s situation but not enough experience to understand the patient’s past experiences of future expectations. The competent stage is 1 to 2 years focusing on nursing care. At this stage, the practitioner is more confident in their practice due to the increase gain of knowledge. At the proficient stage, the nurse has worked for at least 3 years and they can be more analytical and able to deal with different situations and crises. The expert response to situations is fluid. “They make critical clinical decisions while grasping the whole by means of having intuitive ability or combining technical and existential skills for innovative solutions (Ozdemir, 2019, p. 1282). With this knowledge I understand the importance of practicum courses and I feel better about the development of my nursing career as a psychiatric nurse practitioner.

**Objectives:**

1. Evaluation of evidenced-based psychotherapy.
2. Application of psychotherapeutic therapy and tools
3. Assessing and diagnosing patients with psychiatric illnesses

**Goals:**

1. Obtain the knowledge to assess, diagnose, and treat patients with mental illness by the end of this practicum experience.
2. Ascertain knowledge to treatment mentally ill patients with the appropriate psychopharmacological agents by the end of this practicum experience.
3. Obtain the knowledge to apply evidenced- based practice and nursing theory to treat individuals with psychiatric disorders.