

The knowledge base needed to act as a helper in professional nursing was largely developed by Dr. Hildegard Peplau more than 50 years ago. Her book, *Interpersonal relations in nursing* (Peplau, 1952), presented a thorough analysis of Sullivan's (1953) interpersonal theory in psychiatry and gave nursing a sound conceptual model for practice. Although other nurse scholars have developed models and changed forms of the interpersonal model, Peplau's phases of the nurse-client relationship remain applicable today.

provides associated functions of the nurse in each phase.

Travelbee (1964, 1966, 1971) designated five phases of the nurse-client relationship, starting with the phase of original encounter.

1. During the original encounter, the client and the nurse work to view each other as individual human beings rather than as "nurse" and "client."
2. Once the nurse and the client transcend their respective roles, they enter the phase of emerging identities, in which each perceives the other's uniqueness, values the other, and decides to make an emotional investment to begin the therapeutic relationship.
3. Once the client and the nurse have established their identities in the relationship, they enter the