

## **Psychiatric Nursing 2024**

### **Nursing Therapy Group**

**Directions:** Please answer the following questions, typing your response in the space provided. This document is due in the dropbox labeled Nursing Therapy Group by **Monday at 0800** the week you are scheduled to lead a nursing therapy group.

#### **1. What activity will you be leading during your assigned nursing therapy group? Give a detailed outline of your activity and explain how you plan on running your nursing therapy group.**

For my therapy group activity, I was thinking about doing a coping mechanism web. For this activity, I would hold the yarn in my hand and say a coping mechanism and how I have used/would use it, then I would throw the yarn (while holding on to the string) to another person, and they would do the same. This process would continue until a web has formed.

An example would be:

I start by saying a coping mechanism, an example would be “Deep breathing”. I would then say how I used this, or how I would use it in the future. ” I use deep breathing techniques when I experience stress.” Or “When I feel sad I color to make me feel better.” Then I would throw the yarn to another person, and they would do the same.

I can also print off a sheet of coping mechanisms for the patients to reference. This sheet would have examples such as;

Positive Self-Talk, Coloring, Deep breathing, Exercise, Yoga, Adequate sleep, Laughter, Self-compassion, Daily affirmations, Music, Art, Storytelling, or Games.

If the yarn is not a good idea around these patients, I could substitute the yarn for a beach ball with coping mechanisms written on, and the process would be the same.

#### **2. What is the purpose of your nursing therapy group activity**

This activity will allow the patients to hear different coping mechanisms and learn how others utilize them. This can inspire them to try the coping mechanisms in the future when needed.

#### **3. How will this activity benefit the patients in the milieu?**

This activity can benefit these patients because it can make them feel connected by sharing their methods of coping. It can allow for conversation, questions about the mechanisms, and give them ideas to handle their stressors.

#### **4. Describe the anticipated level of participation, cognitive level and affect of patients in the milieu after completion of the nursing therapy group activity (what you expect to happen)?**

I anticipate the patients enjoying this activity and wanting to participate. Each individual could name a coping mechanism and they do not have to share how or why they use it if they are uncomfortable. I do not believe you need a high cognitive level to participate, since every individual struggles or has had struggles with some type of stressor in life. I expect this activity to allow the patients to learn new coping skills and realize that coping skills are healthy ways to deal with stressors.