

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 this activity, we will be making past and future hands. Patients will trace both their hands on a piece of regular printer paper. The left hand will be for “what their hands once held”. In this hand, the patient will draw and write past accomplishments, hobbies, memories, and other positive experiences. The right hand will be the “hopes for my future hand”. In this hand, the patient will draw and write goals, hobbies they want to get back into, or places they’d like to travel to. The patients will color and decorate their hands and participants can hold discussion about how they accomplished things in the past or how they will accomplish goals in the future. (see example past and future hands activity below)

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

The purpose of this activity is to encourage patients to reflect on things they are proud of that they have done in the past and to help them create personal goals for the future. This may help the patient’s experience feelings of gratitude of what they had accomplished in the past and help them create goals to work towards in the future. Additionally, drawing and coloring serve as a healthy coping mechanism that the patients can practice.

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

Discussing with other participants while completing the past and future hands can help the patients make connections and build meaningful relationships. Some participants may have accomplished in the past what others hope to achieve in the future and may be able to offer helpful insight on how they accomplished a specific goal. Additionally, hearing other participants’ past accomplishments and future goals may help the patients feel motivated to reach their goals.

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)?

Everyone will be able to participate in this activity. Individuals at any cognitive level should also be able to complete this activity at some level. I expect that this activity may generate good conversations during and after the activity. Patients may feel more goal oriented following this activity.

my past and future hands hold...

