

## -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.
  - a. Introduce yourself (Fun fact or tell a story)
  - b. Two Truths one Lie (Give a couple mins to think about then present it)
  - c. Affirmation(s) about yourself
  - d. Quick breathing exercise (~3 mins)
  
2. What is the purpose of your nursing therapy group activity?
  - a. Normalizing that we all have struggles that we deal with
  - b. Creating a safe environment
  - c. Improve social interactions with your emotions
  - d. Support and encouragement from others
  
3. How will this activity benefit the patients in the milieu?
  - a. Built trust with strangers without feeling judged
  - b. Feedback
  - c. Learn new coping strategies
  - d. Realize others may have similar experiences
  
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)?
  - a. Participation is anticipated but not forced
  - b. Feelings of self relief
  - c. Participants to self reflect