

## 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.

I will be leading two activities that I will be printing out to bring for everyone in therapy group. I will start by introducing myself and what I am here to do. My first paper is labeled check in and I will have everyone read it over and then start by taking 5 deep breathes in. I will then have then “feel” and then we will tell all go around and tell our names and how we are feelings today. We will then “thank and name 3 things we are grateful. We will then “affirm” and take a moment to say 5 nice things that we like about ourselves, we will then “need” and state what we need in order to make ourselves better right now or when we are feeling down. My next paper is labeled my strengths and qualities and then will each get a couple minutes to write down there answers and they will write 3 things down for each category which are, things I am good at, what I like about myself, how I have helped others, what I value the most, complements I have received, challenges I have overcome, things that make me unique, and a time I’ve made others happy.

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

My purpose for this group activity is to learn more about each other as well think about positive things within us that help to bring us up.

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

This activity will benefit the patients because it can help them bring up happy memories, make them feel good about themselves and overall try and pick them up to bring a little self-motivation.

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 expect that mostly everyone will participate in this group activity. I think everyone will be able to fulfill this assignment well because everyone knows themselves well, they might have to think about answers for a little bit, but they might find joy in bringing positive things about themselves to light. I think after completion they will feel a little bit better about themselves because we will all know positive things about them that they are willing to share.

Attached below are the papers to be printed about brought with me on Thursday June 6<sup>th</sup>.



**My Strengths and Qualities**

<p><b>Things I am good at:</b></p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p><b>Compliments I have received:</b></p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p><b>What I like about my appearance:</b></p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p><b>Challenges I have overcome:</b></p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p><b>I've helped others by:</b></p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p><b>Things that make me unique:</b></p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p><b>What I value the most:</b></p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p><b>Times I've made others happy:</b></p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>