

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 a group where patients can write down coping mechanisms. I will be using cut outs of cones, and the ice cream scoops will be the things to calm down. The cones will already be colored, but the scoops will be colored in by the patients. They will then put things they can do to calm down on each scoop. For example, exercising, going outside, yoga. This is called "calming cones" and if the nurse says its ok, they are able to keep them to look at for situations of escalation.

2. What is the purpose of your nursing therapy group activity? The purpose is to allow the patients to think of how ever many different coping mechanisms that they can and put it into a fun arts and crafts project to be able to look at in situations of escalation.

3. How will this activity benefit the patients in the milieu? This activity will benefit the patients by giving them suggestions on coping mechanisms and can also learn from other people what coping mechanisms they didn't think about, that they might benefit from.

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 believe the level of participation should be fairly well because it involves coloring and a thing that they get to keep, if they are permitted to. The cognitive level should also not be to difficult for people to understand, since they are basically putting hobbies that they can do on each scoop. I expect for patients to have a better understanding of controlling anger, anxiety, etc.