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 would like to do the concept with a beach ball and the questions their hand(s) are on they answer. Assuming they catch the ball with two hands they can pick which question they want to answer out of the two their touching. Then after a patient answers the question they can toss the beach ball to whoever they want too allowing them to use it as a way of "reaching out" to start the process of building the relationships. If the patient is not comfortable with answering the questions he/she landed on they can pick a question of their choice and answer it. If someone catches the beachball and lands on the same question(s), they will spin the ball in the air as a "shuffling effect"

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

The purpose of this activity to allow the patients in the milieu to answer questions about theraputic communication while also hopefully having a little fun. It hopefully with allow alternative ways to express feelings and changes in a healthy way. If the patients are comfortable and having fun it is more likely for them to let us into what they have used or use currently to cope. It is also a way for the patients to hopefully relax and not have to worry about what's going on inside their heads that they decide not to share.

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

It will allow the patients to interact with people promoting theraputic relationships, communication, and self reflection. It will allow them to maybe see how others cope by what they are sharing when they answer the question and could give someone else the insight they need to start their own process of coping, healing, or even relating to one another could build new interpersonal relationships. There will be no pressuring or trying to get more out of them for their privacy they can share as much personal information as they want.

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 them to be closed off at first and maybe think that it is "useless" or "stupid" but once they get into it and other people start sharing it should give other people the confidence to be vulnerable and answer questions or share some of their story without having the fear of judgement.

Attached I have the link to the list (Pinterest) that I will write some of the questions onto the beachball. However I won't be asking them all from it and I will also form my own questions too.

https://www.pinterest.com/pin/3799980926907648/