

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. _____

____UNO & Emotional Game, This game is a therapeutic game to engage patients and students to discuss their feelings and emotions without being completely invasive. I will take a deck of UNO cards and pull out all of the Wild, Reverse, Draw 2's, and Skip cards. When a Skip is drawn depending on the color the drawer will have to name a coping skill, name someone in your support system, name something you're thankful for, or tell one of their goals for the future. This is to engage the person into discussing feelings or emotions they wouldn't just volunteer the information during nursing therapy group.

2. What is the purpose of your nursing therapy group activity? The purpose of this activity is to get the person to open up in a way that doesn't make them feel like they are in therapy and being drilled about feelings and emotions. This is to make the person more comfortable about sharing.

3. How will this activity benefit the patients in the milieu? _It will encourage those to participate in sharing information they may not be likely to share otherwise. This will benefit the participants because they will be sharing feelings or emotions that they may want to get out, but when they see others doing it, it will make them more comfortable to share themselves.

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 anticipate most of if not all of the patients will participate in this activity because it is noninvasive and engaging. I would expect them to feel better and maybe help them understand that there are ways to help them without making them feel worse.
