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 with 2 activities including the "Anger Dice Game" and "Coping Skills Card Game." The dice game will include 1 die and the patients will roll the dice, read the chart next to the number they rolled, and answer the question. The card game will include one set of cards and depending on the card they draw, they will look at the chart and answer the question.

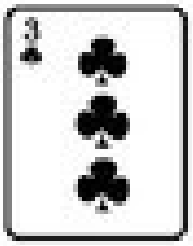
2. What is the purpose of your nursing therapy group activity?
   The purpose of my therapy group activity is to practice healthy coping skills in a fun way and help the patients open up to be comfortable talking about everything. The dice game focuses on ways you can help yourself when you are feeling angry, and the card game focuses on healthy ways to cope.

3. How will this activity benefit the patients in the milieu?
   This activity will benefit the patients in the milieu by helping them recognize things that make them angry, how to handle it when they get angry, and how to properly cope to different stressors in their lives.

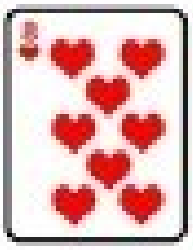
4. Describe the anticipated level of participation, cognitive level and affect of patients in the milieu after completion of the nursing therapy group activity (what you expect to happen)?
   Every patient will get their turn rolling the dice and choosing a card. When the card or number is chosen, they will look at the chart and determine what they must answer. This doesn't require much thinking or moving, but it will help them deal with different things they might experience while they are there or throughout life. This will have a positive effect on the patients in the milieu because maybe if some of them have the same things that make them angry or the same stressors, they can talk about how they deal with them and they can help each other.

COPING SKILLS CARD GAME

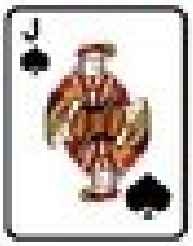
Materials Needed: Deck of Cards



Draw an odd number card:
Name a stressor.



Draw an even number card:
Name a coping skill.



Draw a face card:
"faces of my friends"
Name someone you can talk to
when you feel stressed.

Draw an ace card:
"ace give me space"
Name a place you can go
when you feel stressed.