

## 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 therapy group that involves a deck of uno cards and each card color represents a different emotion to share. For example, if you draw a yellow card, you will say something that makes you happy. I plan on having a printed guide that shows what color represents what emotion. I plan on giving each participant 3 or 4 cards depending on how many people show up.

Kennedy, you may want to be sure that the patients do not end up with the same color of card, or have specific emotions for odd numbers that are the same color, and even numbers a different emotion of that color. Another possibly is to add coping mechanisms into the mix.

2. What is the purpose of your nursing therapy group activity? The purpose of this group activity is to provide a positive environment where people can safely share their emotions. I am hoping this will also lighten the mood when talking about emotions because they will be sharing a mixture of both positive and negative feelings and I think the uno cards will provide a lighter mood as well as they love playing uno.

3. How will this activity benefit the patients in the milieu? I think this will benefit patients in the milieu because they already love playing uno there and they all have emotions that can be safely released. I think this will allow them an easier space to share because I am bringing something into therapy that is already a big part of their comfort in the milieu and adding in sharing thoughts and feelings which is not always comfortable.

4. Describe the anticipated level of participation, cognitive level and effect of patients in the milieu after completion of the nursing therapy group activity (what you expect to happen)? I hope the uno cards grasp their attention and bring more people in to participate. I think this will be useful for all cognitive levels as it is fairly simple, and I hope it benefits patients in the milieu after completing the group activity because we are taking something uncomfortable and adding in something familiar in attempts to make the topic less uncomfortable.

See next page for guide



**Wild card - What is something that makes you fearful?**

**Red card - What is something that makes you angry?**

**Yellow card - What is something that makes you happy?**

**Green card - What is something that makes you proud?**

**Blue card - What is something that makes you sad?**

**Even numbers - what makes the emotion better?**

**Odd numbers - what makes the emotion worse?**

**No number on card - only answer based on color.**