

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. The activity that I will be leading is art therapy. We will start by introducing ourselves. I will then instruct the patients to draw their happy place. I will give an example of what I think of to make me happy when I am feeling down. I will explain that this could be a place, a person, or anything that they want it to be. Then, they will each have a turn to show and describe their drawing to the group, if they want. I think this imagery will help patients because it can give them something to imagine when they are feeling stressed. I also think that sharing their drawings with the group will help them express themselves and help them understand each other.

2. What is the purpose of your nursing therapy group activity? The purpose of this therapy is to help the patients relax and think of ways to cope with stressful times. Imagining yourself in a happy and inviting place using guided imagery. Guided imagery is a great way to turn negative times into something positive.

3. How will this activity benefit the patients in the milieu? I think this will help the patients in the milieu because a lot of patients feel safe when they can talk about their feelings and know that someone is listening. As well as a welcoming space to talk, they will also be welcomed if they do not want to share but still want to work on guided imagery. I noticed at my first clinical on 1 South that most patients that come to group therapy are ready to share what has been going on, or at least interact with others to distract them.

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 anticipate that there will be a decent amount of participation. We did art during therapy at my first clinical, and everyone seemed to enjoy it quite well. I feel that this might do a little better because they will have the freedom to pick what they want to draw though, instead of being told. I think the cognitive level and effect on the patients will be good because it teaches new coping strategies and gives an opportunity to vent. I think patients will be more inclined to socialize with one another because they are likely to find something in common with another person as well. This will help develop a sense of community/belonging.