

## 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 would like to do for my nursing therapy group is Shifting Into a Growth Mindset.

All we will need for this activity is paper and writing utensils.

I will write down 8 words on 8 different pieces of paper: Dedication, Persistence, Success, Mistakes, Effort, Creativity, Risks, and Courage

Participants will write examples of the word or what the word means to them in the open spaces on the paper surrounding the word.

After everyone has written what their examples or what the word means to them, we will read the responses out loud and give participants the opportunity to share why they wrote what they did.

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

This activity allows the participants to see what everyone else may define the words as or what the words mean to them which will in turn help shift them into a growing mindset.

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

I believe this will benefit the patients because it is a way to try to help them focus on the positives and identify their strengths as well as encouraging group collaboration and helping them to understand the experiences of others.

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 do expect that maybe not everyone will want to participate initially but I am hoping that after explaining the activity it will spark the interest of the participants. I think it will help the participants understand those around them. I think it may help participants do better when it comes to working with others and maybe even be more open and willing to participate in future therapy groups. I expect that this could cause participant to feel good learning that they could possibly have the same or similar meanings or mindsets when it comes to what these words mean to them.