

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 created a worksheet entitled “Self Esteem Bucket” which will help patients name things that are positive in their lives, address issues that cause stress, and identify coping mechanisms. There is a section entitled “what fills your bucket,” this is where the patient will place positive areas of their lives. The area titled “what drains you bucket” is where stressors will go. And finally, “what plugs the holes” is where patients will identify coping mechanisms for the things that drain their bucket.

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

The purpose of this activity is for patients to identify positive aspects of their lives and address the negatives. The other purpose of this worksheet is to identify what coping skills they can use to manage the stressors in their lives.

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

One of the greatest benefits of this activity will be for the patients to utilize copying mechanisms they have learned. I also believe it will be beneficial way for patients to “brain dump” their thoughts onto a piece of paper. It can be helpful for patients to visualize their thought on a piece of paper as a way to relieve stress.

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 a good level of participation as it is a simple activity. I am hoping that a majority of patients feel comfortable enough to share their worksheet with the group. I am also hoping that everyone is able to think of some positive aspects to their lives. I expect this activity to positively affect the patients by allowing them to identify the good aspects of their lives and address the areas that are causing them stress.

I have attached an example of my worksheet to this document and can email a copy to print.

Self Esteem Bucket

What fills your bucket?



What puts holes in your bucket?

What plugs the hole? (coping mechanisms)

