

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 plan on doing an activity of filling out a shoe with the answers to different therapeutic questions. Each participant will get a worksheet. I will then read the instructions and give everyone some time to fill in their shoe. We will then go around the table and share whatever you are comfortable sharing from what you put on your personal shoe.

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

The purpose of this therapy group activity is to identify things that can be negative in our lives but also things that are positive in our lives also.

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

This activity will benefit the patient's in the milieu by verbalizing feelings that are good and bad. They may also identify things about themselves when others are sharing and find similarities with other patient's that can then be helpful to each other.

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 expect there to be a good amount of participation when filling out the worksheet. There may be less participation during the time of sharing because some patients aren't comfortable talking to the group. I believe this will affect the patient's in the milieu after completing the activity by possibly making them feel more connected to each other if similarities are found between patient's. In addition, I believe it will make the patient's feel good because they can share positive things in their lives.

Stand in My Shoes

Directions: Look at the shoe below. It has parts labeled #1-6. There are also 6 questions about you! Answer the 6 questions by either writing, drawing, and/or coloring in the shoe part that matches that question number. You can also color and decorate your shoe!

Example: #1. Birds scare me the most. In the part of the shoe that has a #1, I would write or draw a bird!

1. What scares you the most?
2. What makes you happy?
3. What makes you mad?
4. What is something you are really good at?
5. What do you worry about?
6. What makes you laugh?

