

## 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 during my nursing therapy group is going to be called "Roll A Topic" which is a game designed to allow others to share something about themselves. I plan on giving everyone a dice and letting them pass it around, so everyone gets a chance to hear what others have to say about themselves and the individual can share out loud. The person is going to roll the dice is going to answer a question from the sheet I will hand everyone out and they will have to pick the corresponding question with the number on the dice and match it with the same number on the question sheet.\_\_\_\_\_

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2. What is the purpose of your nursing therapy group activity? \_The purpose of the nursing therapy group is to allow the individual that is participating to reflect on maybe something that they have done, they enjoy, or to express who they are as a person. This makes the individual look back at all the good things that they like to do and gives them a sense of something to look forward too. This also allows the person to get to know everyone that they are on the unit with and see if they share any common interest as well.

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3. How will this activity benefit the patients in the milieu? This activity will benefit the patients in the milieu because they will have a sense of safety to be able to share their information without anyone criticizing them. The patients will have the support element that one needs in the milieu in the activity because people will be able to share thoughts on maybe some of the individuals answers to a question. We will provide validation as well because whatever the individual may say we will respect and acknowledge what they are saying.\_\_\_\_\_

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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 that patients will like the activity because of the amount of participation that I have seen in the 1st therapy groups when

individuals got to share about themselves, and they loved it. This will get them to reflect some aspects about themselves and who they are as a person. I expect for the patients to open up and expand on some of the questions in depth because although can be short and sweet to the point others may open up and reflect on what some topics mean to them.

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