

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.

For my group therapy activity, I am doing the lighthouse activity. The activity focuses on support systems and what is driving the patient, what their “guiding light” to do well and work on their recovery. The activity asks the patient, “You are lost at sea on a stormy night. You see a glimmer of light leading you to land. If you row hard, you can make it. Someone waits for you with a warm meal, dry clothes, and a place to rest. Draw, color, or paint an image of a lighthouse as a source of guidance in your life. Depict yourself somewhere in the image, either in a boat on the water, in the lighthouse, etc. Add words to represent your sources of guidance in life, i.e. faith, family, hope.” The patient will then color their coloring sheet and hopefully the patients will share their support systems with the group. ___

2. What is the purpose of your nursing therapy group activity? The purpose of this group therapy activity is to identify the support system in the participants lives and what kind of support they may receive from these support systems.

3. How will this activity benefit the patients in the milieu? This activity will help to recognize and identify the support systems in their lives and hopefully help to realize they are not alone in their mental health recovery journey and general well-being. ___

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 expect everyone to participate, even if the patients don’t speak about their support systems, I expect them to still do the activity. ___