

## 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.

My activity is about describing different coping mechanisms for each type of emotion you may experience. I plan to bring a beach ball that has different emotions written on each of the leaves, and then we will toss it around to different people and whatever emotion your right thumb lands on, you have to share an experience when you felt this emotion (only if you want to) and then describe how you normally cope with feeling this emotion. For example, if I were to catch the ball and my right thumb was on the leaf that said anger, I might say something like, "When I get angry at something or someone, I try to just walk away and remove myself from the situation until I cool down so I do not cause any harm to myself or others".

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

The purpose is to hopefully have everyone engaged and participate, as well as encourage the patients to talk about their coping mechanisms and how they will use them when they come across a certain emotion.

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

By doing this activity I hope to allow the patients to express and talk about their emotions and allow them to hear that others go through some of the same thoughts and feelings that they do. It also allows for them to hear some different types of coping mechanisms that they might want to use in the future.

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 hope being that this is a pretty engaging type of activity that most people will participate in it. I think by going around and having everyone share their different styles of coping can be helpful to give others some different ideas of what they could potentially do to help cope when they are in a situation where they are feeling a specific type of emotion.