

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 I will be leading is coping skills jeopardy. My activity is set up like jeopardy and has topics of different coping skills, true or false, jokes, and triggers. The questions are all associated with the topic they are under. I will have the questions covered up and the group is allowed to pick a topic, and which question they want to answer. The group will be allowed to pair up and the pair with the most points at the end wins. There are no right or wrong answers, the points are awarded for the willingness to answer the questions.
2. What is the purpose of your nursing therapy group activity?
The purpose of my activity is to identify different coping mechanisms for mental health. It shows the positive coping mechanisms and the negatives. I hope to show the group different ways they can cope and see how others with the same diagnosis cope. I hope they can learn from each other and myself with this activity.
3. How will this activity benefit the patients in the milieu?
This activity will benefit the patients in the milieu because it will teach them different positive coping mechanisms. It will also show some of their negative coping mechanisms. They can learn from their negative coping mechanisms and hopefully turn them into something positive. It will also bring the group together and hopefully make the group more comfortable with each other and give them an opportunity to learn from 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)?
My hope is that the whole group participates with this activity. It is an easy-to-understand activity with no right or wrong answers. It allows the group to get a little competitive without regard to getting the answer right or wrong. I expect the patients in the milieu to learn from this activity and hopefully help them on their journey to recovery with positive and useful coping mechanisms. I also hope to make them realize some of their maladaptive coping mechanisms and turn them into something adaptive.

Here is the link to my coping mechanism jeopardy.

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