

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 will be leading an activity called "What's on your plate? Stress Reduction Activity." The activity consists of a marker/pen and a paper plate. Each participant will write on their plate everything that "is on their plate" with that being responsibilities, self care, home life, financial obligations, diet and exercise, hobbies, friends, goals, etc. Once everyone is done writing on their plate, everyone will take a turn discussing on how to handle all of their stressors and responsibilities.

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

The purpose of this group activity is to discuss stressors and responsibilities, and to talk about healthy coping strategies.

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

It will benefit everyone by allowing everyone to speak on ways how they handle or plan to handle stressors/responsibilities in their life. Another benefit is that each patient can hopefully learn from each other on new ways to cope with stress/responsibilities.

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 would expect every participant to come to the realization on how many things can cause stress with every day responsibilities. After the activity, I would hope that every patient is able to learn a new healthy coping strategy by open discussion among all of the participants/patients that joined in on the activity.