

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 during the nursing therapy group is called unleash your sunflower power. This activity is a picture of a sunflower, and the person is supposed to write difficult lessons, mistakes, adversity, and challenges in the dirt. They are going to write their values, characteristics, behaviors, and choices in the stem of the flower. Finally in the flower portion, they are supposed to write their hopes, goals, dreams, and aspirations. I will pass out the paper and explain this to the patients. They will have time to fill out their sunflower and they may also color it if they would like to.

2. What is the purpose of your nursing therapy group activity? The purpose of my nursing therapy group activity is to allow the patient to see things they have had trouble within life, like mistakes or lessons they have learned, and they are able to compare them to their own values and characteristics as well as to their hopes, goals, and dreams. This gives them an opportunity to see what they are working on, and they can also see what they want in life.

3. How will this activity benefit the patients in the milieu? This benefits the patients in the milieu because the patient can visually see things they have gone through in life, the way they feel about themselves, and they can look forward to what their hopes, goals, or dreams may be. They can hang these in their rooms, and this can be a reminder of how strong they are and what they are wanting to accomplish in life. This can be encouraging for the patient every day they wake up; they can look at this picture.

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 anticipate that most patients will participate that show up for group because even if they do not like the idea of writing out these things they can color the picture and write the personal information on the sunflower privately. I expect the cognition level and affect of the patients in the milieu after completing this activity to feel accomplished. They can see exactly what they have been through, and they can see what they would like to accomplish. This can be encouraging for some patients, and I think it will be good for them to have this in their rooms.