

Name: Savannah Willis

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 therapy group:

I will be leading an activity called Rose, Bud, & Thorn Check-In. In this activity the patients will be filling out a paper with a rose on it and the different parts of the rose reflect things that have happened to them recently. I will ask them to fill it out based on this description:

Thorn: What didn't go well recently?

- What is something challenging or stressful to you right now?
- What could you need more support with?
- What can you do to turn this thorn into a rose?

Bud: What could bloom?

- What is something you look forward to?
- What gives you hope?
- What gives you motivation and inspiration?

Rose: What went well recently?

- What is something you are grateful for?
- What is something that made you happy recently?
- What is something you did that made you feel good about yourself?

Gardener: How are you going to tend to your rose?

- What will you do to keep having good days?
- What coping skills will you implement?
- How are you going to treat good and bad days?

Seed: What do you want to grow?

- What are you working on?
- What are your goals?
- What deserves more time in your life?

I will be running this activity by asking these questions while they are filling out the paper to get their thoughts flowing. I will try giving examples if I notice they are not filling out much. Giving a couple of examples can help them brainstorm and get the activity on a successful path. At the end, they can color in the rose (on the back) and discuss their papers if they would like which would promote a greater group therapy rather than individual therapy. I will end the therapy session by explaining that self-reflection like this helps them understand themselves and helps them learn how to keep hope for the future.

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

Rose, Bud, & Thorn

The purpose of my activity is to promote self-reflection and mindfulness. Reflecting back on actions and how you perceived them as well as how you can change your reaction in the future is important for mental growth. This can also promote self-awareness. The patients would be able to use this as an example of how to self-reflect on situations in the future.

Check-In

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

This will help them better understand themselves and become more self-aware. They can also gain coping skills when they reflect on how to change their thorns to roses. The patients can use this to maintain a safe milieu where they feel comfortable reflecting on what is happening to them.

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 do you expect to happen).

Since it is an individual activity, I am hoping that everyone who attends the group will participate because it has the potential to be very beneficial to them as it gives them a physical place to reflect. I feel this activity does not need a very high cognitive level but I do expect them to have a deeper understanding of how they feel afterwards. Since I am purposely ending with them describing what their goals and coping skills are I am hopeful they end with a positive or cheerful affect and are more hopeful. I think this activity will go very smoothly and can easily be implemented in their home setting upon discharge.

My Thorns this week:

Something I need to work on or get help with.

My Buds this week:

Something I am looking forward to.

My Roses this week:

Something good that happened.

Gardening plan for next week:

My coping skills for thorns.

My seeds for next week:

Something I want to accomplish.



