

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 that I will be leading is a dialectical behavior therapy house. For this activity patients will follow the directions listing areas of strengths, support, values, areas for improvement or things that are recognized as a problem. I will review and explain the activity and offer any assistance if the patients have questions. For this activity patients can color, and decorate their house, and add on each level or area of the house what is indicated. Level one, list areas of your life you would like to change. Level 2, list emotions you want to experience more. Level 3, list things that you feel happy about or things you want to feel happy about. Level 4, list what a life worth living or a perfect life would look like for you. Roof, list who protects you. Walls who supports you. Door, what you hide from others. Chimney, how you blow off steam or calm down. Foundation, values in your life. And billboard what you are proud of. I will explain the house to the patients, and it includes directions for each level. Patients can color and fill in the house. When everyone is nearing completion, I will ask if anyone would loke to share what they put in their house. _____

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

____This activity helps patients put thoughts and feelings on paper. This will help to sort thoughts and feelings in the described areas. This helps them to understand themselves a little bit better in the described areas. This will also help patients to help others understand them better as well. This may help discover areas of concern that a patient didn't even know they potentially had, or discover an area that isn't so bad after all. _____

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

____This activity will help patients that are feeling overwhelmed by feelings sort them into different areas. This could help them to sort what they feel like may be their biggest area they need to work on. When your mind feels clouded with thoughts, and potentially all negative thoughts this activity may help patients to find some good in themselves and help lift them up a little. It may also help them feel they may have more support than they feel they have. The mind can be overwhelmed with one area of focus

but maybe this will help to broaden their focus to some other areas.

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 this activity will have decent participation. Patients enjoy doing crafts, and also have enjoyed sharing feelings in other group activities. I'm hoping this incorporates a little bit of both working on feelings and a little crafting as well. I expect that this activity will give some patients a confidence boost to work on themselves and see areas that they feel may be important to work on or even potentially appreciate more than they did prior. The patients will also have a chance to support each other if they so choose to share. This also opens doors for discussion for patients to possibly talk with each other about similar areas if they choose to. Many are very open with their struggles.

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