

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 name of this nursing therapy group is “my life story.” ____The clients will receive a piece of paper and write down five to ten brief chapters titles of their life. Then, they will briefly explain each chapter title. _____

2. What is the purpose of your nursing therapy group activity? _____
The purpose of this group activity is to reinforce the idea that the past is the past and the future is always open for opportunity and improved growth. It also allows the clients to get to know a little about each other. _____

3. How will this activity benefit the patients in the milieu? _____
There are many benefits with this activity such as each client having their own voice, connecting with others, reducing isolation, etc. _____

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)?

____From my experience in the milieu, I have learned that the clients like to talk about themselves so I believe this will be a very interactive activity that will spark a lot of conversation.
