

## Psychiatric Nursing 2025

### 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 would like to do an icebreaker game with patients. I would like to create a circle or huddle together. I want to be able to create a safe environment by telling patients that there is no pressure to speak if they do not want to. I would like to start with gentle simple questions. Questions like “How do you feel in one word” and go around in a circle (if they want to). Other things include naming a favorite food, color, or movie. “This or that” questions – example: Coffee vs tea, beach vs. mountains etc.**
2. What is the purpose of your nursing therapy group activity? **The purpose of this activity is to help the patients promote emotional awareness without sharing too many personal details**
3. How will this activity benefit the clients in the milieu? **I think this activity will help promote socialization and reduce isolation. Since it’s a low-pressure icebreaker I am hoping it encourages them to engage with other peers and build a connection.**
4. Describe the anticipated level of participation, cognitive level and affect of clients in the milieu after completion of the nursing therapy group activity (what you expect to happen)? **I would expect some patients to be ready to engage, while others may not want to participate at all depending on their cognitive level. Since it will be an encouraging environment, I am hoping more patients will want to speak up and engage. After the nursing therapy group, the patients who didn’t want to engage may show increased openness in future groups, with their cognition levels they may show improved alertness, and hopefully this affects the patients by expressing gratitude from being a part of the icebreaker.**