

## 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 am a certified yoga instructor, and I would love to lead a guided meditation/deep breathing, light stretching and progressive relaxation class. I do not know what I am allowed to bring in or what is available to me in the facility so I am thinking that I could either have the patients bring their bed pillows into the activity room or I could get some from housekeeping with clean pillowcases. I would also need to use my phone for therapeutic music and turn the lights down low or off. I would start out by having the patients sit on their pillows on the floor and we would engage in some deep breathing. We would then go into some light arm stretches. After some light stretching, we stand up and do more breathing but link breath with motion and light stretching. After the stretching is done, I would have the patients lay on the floor with their pillows and we would do some progressive relaxation. This would take about 45min. all together and we would not do anything that may possibly injure the patients. Just simple stretching. I would not be doing anything denominational. I will use layman's terms for the poses nothing Sanskrit. It would be more of a gym style yoga. Simple stretching like "inhale your arms up and exhale your arms down." \_\_\_\_\_

2. What is the purpose of your nursing therapy group activity? \_The purpose of my therapy group is to educate the patients on how to slow down their breath and how to link breathing to movement and how it can calm the central nervous system. \_\_\_\_\_

3. How will this activity benefit the clients in the milieu? \_\_Linking breath with movement fosters mindfulness and body awareness, which is especially helpful for individuals with trauma, dissociation, or depression. It encourages patients to focus on the present moment, which can reduce negative thought patterns. \_\_\_\_\_

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)? \_\_\_Patients may initially be hesitant, especially those with anxiety or trauma-related disorders. Some patients may prefer to observe or participate minimally at first, which is acceptable and therapeutic in itself. My expected outcomes would be that patients experience improved attention and orientation during and shortly after the session. Linking breath with movement fosters mindfulness and present-moment awareness, which can help reduce intrusive thoughts in clients with anxiety, PTSD, or psychotic disorders. Patients may also demonstrate better concentration, follow simple instructions more easily, and exhibit clearer thought processes temporarily. The overall therapeutic impact can enhance emotional regulation, improve group cohesion, support therapeutic goals like building self-awareness and trust and introduce healthy coping mechanisms for managing symptoms.

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