

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.

The activity that I will be leading during the nursing therapy group is called "Letting go...". This worksheet has multiple blank balloons floating around the page that need to be filled in. Each balloon has the space for a negative thought or emotion to be written. These are thoughts or emotions that do not benefit the individual. I will run this activity by passing out a worksheet and bendy pen to every individual that would like to participate. I will explain that each balloon needs to be filled in with a thought or emotion that needs to be let go and not in the mind. There are also clouds on the worksheet as well. The clouds are also blank and should be filled with emotions and thoughts that are positive. Thoughts that are soft and positive, ones you want to hold close. Once every individual has filled out their worksheet as they'd like we will go around the room and each share one balloon and one cloud. This is optional and I will also be participating in this activity.

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

The purpose of this activity is to normalize that every individual has thoughts and emotions that can be negative and positive that take up the mind. Sharing and expressing these emotions help aid in the process of overcoming certain feelings and overall benefiting the individual. Once these thoughts are expressed it makes the process of acknowledging them and letting certain ones go easier.

3. How will this activity benefit the clients in the milieu?

This will benefit the clients social environment by allowing relationships to be built. This includes the relationship between other clients and the nurses. This specific worksheet allows the individual to bond over thoughts and emotions that could be like someone else's. The process of opening up with one another also aids in creating those therapeutic relationships.

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)?

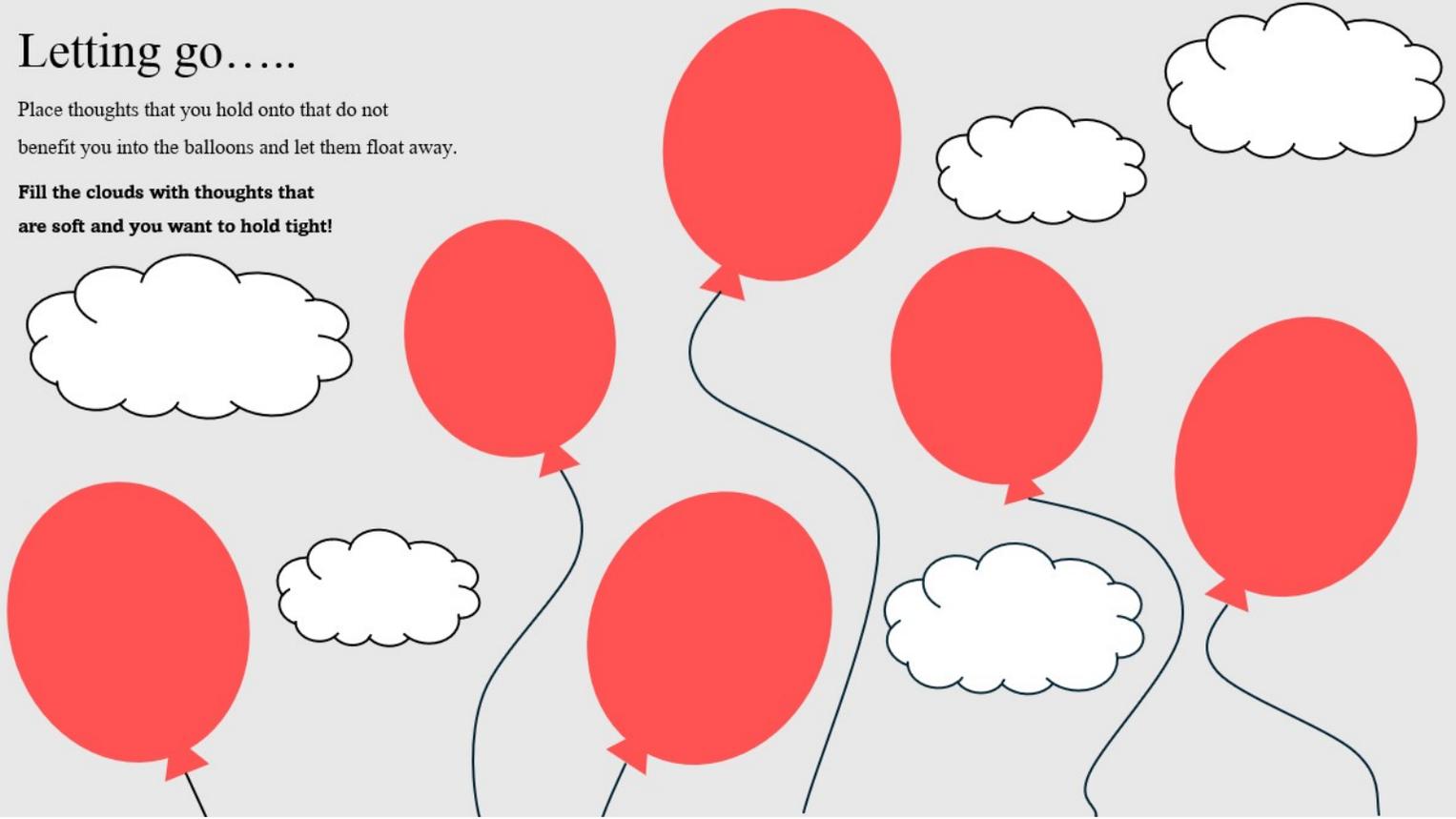
I anticipate that about half of the clients will be willing to participate in this activity. Every client should be able to participate unless they are unable to process their thoughts or emotions. However, any individual that needs assistance with ideas or filling out the worksheet will be helped within reason. I think this activity will bring the clients together and aid in creating therapeutic relationships. Individuals may realize that they feel the same way as someone else or may be inspired by their worksheet and expressions. Some individuals may not want to share and while it is optional, hearing others express their

feelings may inspire them to as well. I will also be participating in this activity to help lead and demonstrate that it is ok to share these thoughts and emotions and how important it is to also think of the positives. The clouds are to be filled with positive thoughts and emotions that are soft and ones you'd want to hold tight. Expressing all emotions is important but when communicating the negatives it is also important to express the positive for balance.

Letting go.....

Place thoughts that you hold onto that do not benefit you into the balloons and let them float away.

Fill the clouds with thoughts that are soft and you want to hold tight!



*Worksheet example, will be landscape and take up a full page