

## 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 my assigned nursing therapy group is making a cutie catcher that has positive affirmations and feelings on it. My outline will consist of first me showing the patients how to construct the origami cutie catcher. Next, I will pass out the precut squares that are filled out that will make the cutie catcher (since scissors are not permitted to this clinical site). Then, the patients will make and form their cutie catchers. Finally, we will be able to sit in a group and play with the cutie catchers until the patients are done with the activity.

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

The purpose of this nursing therapy group activity is to give the patients something different that they can play with. I like how the positive affirmations are at the end so after each round they hear something positive that will motivate them to want to get better. They could also take this with them after they are discharged and use it at home. They can play this with their kids, family members, friends, or even by themselves when they need a reminder of something positive.

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

This will benefit the clients in the milieu because it is something different than what they are used to. I feel like most people bring in worksheets or coloring pages, and this is something that they will be able to construct. It is prefilled out, so this will benefit them too because they can focus on the fun of the origami without having to be creative in their own sense, and this might encourage more people to participate since it is not mind draining. After the group they can play with it, and show the people who did not attend the positive affirmations, and this could encourage them to join next time.

4. Describe the anticipated level of participation, cognitive level and effect of clients in the milieu after completion of the nursing therapy group activity (what you expect to happen)?

The anticipated level of participation for this activity would be to watch how it is constructed first, then to construct it themselves. The building of the origami should take a few minutes to construct. Whether they participate at all during the watching, constructing, or playing afterward is completely up to the patient and they should do whatever is comfortable to them. The cognitive level required for this activity is low, I think this is a good thing because I feel as though most people will be mentally drained and this is something that is prefilled out, they can just enjoy without working too hard. I think that this will affect the milieu after the completion of this group activity because I hope the positive affirmations will brighten their day, and that they will be able to play with each other, and the sayings will bring a smile to their faces.