

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 group is having the group fill out a prompt helping to improve self-worth. On this paper they will fill in the sentence, "I am..." and have a large space to put down words on how they feel. For example, "I am resilient, I am needed, I am calm". I will have these printed out and will give them out at group. I will have completed one and share first to help explain what to do and encourage others to share.

2. What is the purpose of your nursing therapy group activity?
 - This activity helps promote positive thinking and reinforces a sense of self-worth. It also encourages reflection on things such as their personality, values, and beliefs.

2. How will this activity benefit the clients in the milieu?
 - As statements are shared people in the group can often find common ground with others with shared values or goals. This creates a greater sense of group. This activity also allows for people in the group to identify positive traits within themselves. They might even recognize some coping strengths or areas needing growth.

3. 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 most clients in group will participate with the exception of maybe a couple. I will encourage participation but if they really do not want to share, or if they feel it is too personal, then they will not have to. Some may require prompts if experiencing disorganized thought processes. I expect the affect to be moderately improved following group with increased positivity and hopefulness.

