Aaron Brummett Activity

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 I am organizing is called emotion charades and the way it is designed is that I will craft or print out pieces of paper with emotions on them. One person will be asked to draw a card and then the person can either act out the emotion for everyone else to guess or they can just use the card to display for everyone else to guess the emotion (if they do not feel like acting it out). I will put the answer to the emotion on the back of the paper to confirm the emotion they are displaying. People will get 30 seconds to guess the emotion that are in the crowd. Once 30 seconds has passed, I will stop everyone and have them show to everyone what they guessed. Not keeping for score just for fun so no one gets angry for messing up or guessing incorrectly. At the end of the round, I will ask the person that presented the emotion or acted out the emotion if they have ever felt this emotion before. (they can choose to talk about a specific moment they have experienced with this emotion or just simply say yes or no). The next question I can ask them is how they coped with this emotion. (optional). Next, I will go down the line picking the next person to act out or show the picture of the next emotion and continue and repeat till time runs out or people don't feel like playing anymore.

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

The purpose of this nursing therapy group activity is to give the patients emotional awareness and to see that others are experiencing these types of emotions and that they are not alone in this. This also helps with non-verbal communication by acting out the emotions themselves. This also gives patients a way just to be playful and funny together to help build that therapeutic environment with others.

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

Hopefully this will bring laughter and joy in one area so that they can continue this positive and fun environment in the other rooms and potentially in their lives. So that they can look back at the fun time we all experienced together and use that in hard times that they might experience moving forward in their lives.

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)?

Since this is just a game and I am giving different options of levels of participation, I believe people will be more willing to participate. I noticed in the previous week when I had clinical and my other students were doing their activities not only did the patients that participated had fun but the ones watching around would laugh at jokes as well. So, I believe even if they don’t participate, I would encourage others to stick around and just watch for a couple rounds just so they might be able to get some sense of joy from it.