

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 plan to have questions prepared to match the color of the stripes on the beach ball. When the beach ball is caught the patient will answer the question that correlates to the color their left hand/thumb is touching. Or right depending on what hand is used and whether both hands are used. The colors are blue, red, and yellow.

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

- Hopefully the activity is more approachable because it is a beach ball, so the patients can have fun and answer questions that are mostly lighthearted. The beachball is also an item that is soft and less likely to cause injury to the patients, others, and the environment.

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

- This activity promotes participation, trust, group cohesion, encourages emotional expression, supports insight and reflection, it reinforces therapeutic themes, allows for the development of social and communication skills. It also breaks the ice for new clients and allows for a gentle introduction for them.

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 hope that because I chose to use a beachball and have questions prepared that this is an approachable activity for everyone, and when the questions are all answered, we can play a game of volleyball. I hope most everyone is going to participate in the activity. I hope that the activity is something that gives the patients a smile and brings a normalcy to their stay/ experience. I want this activity to positively affect the patient's milieu after doing my activity.

Red-

How are you feeling today?

What strategies have you used to cope?

How do you feel about the progress you've made?

What are three words you would use to describe yourself?

What is something you've learned about yourself recently?

What's one thing you're proud of?

What triggers stress or anxiety for you?

What does a "good day" look like for you?

Blue

What's one thing that made you smile this week?

If you could have any superpower, what would it be?

What's your favorite way to relax?

If you could visit anywhere in the world, where would you go?

What song or movie always lifts your mood?

If you could only eat one food for the rest of your life what would it be?

What is one thing you're looking forward to this week?

What was your dream job when you were a kid?

Yellow

Would you rather always have to sing when you talk or dance when you walk?

Would you rather live by the ocean or in the mountains?

Would you rather eat only sweet foods or only salty foods forever?

Would you rather be able to fly or be invisible?

Would you rather have a rewind or pause button for your life?

Would you rather go for a walk or talk to a friend when you're stressed?

Would you rather always have to whisper or always have to shout?

Would you rather never have to do chores again or never wait in line again?