

## 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 have a set of cards called talking point cards Support. The company package states that they are trauma informed conversation starters for individuals to build trust and promote a sense of safety. The cards are color coded. The blue is getting to know you learn more of hobbies interest and icebreaker questions. Green is building connections, closeness and sociability. Red is strength and resilience you learn more about your strengths and weaknesses through self-awareness and self-esteem. Yellow is mindfulness you learn more on your emotions and coping you explore by staying present and emotional responses along with mind and body awareness. Purple is called going deeper you reflect on your needs, desires and obstacles you explore your stressors, outside relationships and emotions. I plan on having the clients all pick a card and take turns going around the table reading the card they have. I am not sure if when you read your card then we all go around and say our answer or we just all read the card we have and answer.**

2. What is the purpose of your nursing therapy group activity? **The purpose of this nursing therapy group activity is to open up the patients with these great ice breaker questions. Encourage conversation and build relationships**

3. How will this activity benefit the clients in the milieu? **I believe that this activity will be beneficial to the clients in the milieu the clients will realize that they are not alone and other people may have the same interests as them this may open for conversation starters and let them know that they are not alone.**

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 think that this activity will get a good number of participants, this is just picking up a card and reading if you do not wish to participate you don't have to if you don't want to read your card you can pick a new card. I think this will be positive for the clients and I think this may help them build a good relationship with each other and nursing if they participate.**