

## 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.

For my assigned nursing therapy group, I will be leading an activity titled "Shield of Honor." This is a reflective exercise that invites the patients to complete a symbolic shield by writing down positive attributes and characteristics they recognize within themselves. I will begin by introducing the activity and also invite the patients to share what they wrote if they feel comfortable doing so. In addition to the shield activity, I will provide coloring pages featuring motivational and uplifting quotes for them to complete afterwards if they choose to do so. I will attach these documents for you to review in the Dropbox.

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

The purpose of this nursing therapy group activity is to promote self-reflection and allow the patients to identify and acknowledge the characteristics they like about themselves; This includes their strengths, qualities, and morals/values. This can help increase the patient's self-esteem and confidence, while encouraging a space for mindfulness activity.

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

This activity would benefit the clients in the milieu because it promotes for a therapeutic, calm environment. They also have the opportunity to share what they have written on their shield, which is encouraging social engagement. This can help reduce feelings of isolation, especially for patients who are newly admitted to the unit or have not opened themselves up to others just yet. Both the reflective writing and coloring support healthy coping strategies, which they can incorporate into their daily lives after discharge for their mental health.

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)?

I anticipate the level of participation from the patients on the unit to be moderately high. When I was in 1-South this past week, I found that the patients really enjoyed the therapy groups where art was involved. It was also important for me to lead an activity that did not require social interaction but gave space for communication if the patients wished to do so. The coloring pages provide an additional option for involvement for those who are more hesitant to reach out to others also. After completing the activities, I anticipate that the patients will become more relaxed, empowered from writing their personal strengths and characteristics, and an improved sense of self-worth. I find coloring to be extremely therapeutic and relaxing, so I hope the patients feel similarly.