

## 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 will be doing is giving everyone a paper that says setting life goals. So, the paper has a category, for example family, friends, school/work, mental health, and body. So, for each category listed they will write down things they are doing well, the areas they need improvement and a goal for that. They can use a marker to make it colorful. The way I will run it will be by giving them the paper and explaining the directions and then giving them time and then asking if anyone would like to share.

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

The purpose is for the patients to set a positive goal based on what they need to improve in their life to get better

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

It will benefit them because they can use positive coping mechanism by setting positive goals.

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 people will participate. I think they will see what they need to improve in order to meet their goals in life. Whether it's a job, school, family, friends, or spiritually.