

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. **Similar to the game hot potato, have the patients sit on the floor in a circle and roll a ball to one another with music playing. When the music stops, the person with the ball has to answer an ice breaker question. I plan on running it by asking the patients if they've ever played hot potato or if they know what it is, and then explaining to them that this is similar and that they have to answer a question if they have the ball when the song stops. I will then instruct them to sit in a circle.**
2. What is the purpose of your nursing therapy group activity? **The purpose of the nursing therapy group activity is to allow the patients to get to know one another, make them feel more comfortable talking in front of others, while also giving them physical activity by playing with a ball.**
3. How will this activity benefit the clients in the milieu? **This activity will allow the clients to have conversation starters so that it is easier for them to communicate, along with allowing them to burn off some energy to improve their sleep by incorporating some physical activity into it. The music will also likely be therapeutic for the clients.**
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 expect that a decent amount of the clients will hopefully want to participate because from my prior experience they seem to like the activities that get them physically active. I also expected that they will likely get some joy and laughter out of playing with a ball and the music playing as well.**