

## 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 leading is each person receives a paper with a flower outline that is blank, each person will write different coping strategies on each petal that make it unique to themselves. They can color it or draw pictures to make it more personalized. After everyone one is done creating their flower of coping strategies, they can share with the group if comfortable. \_\_\_\_\_

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2. What is the purpose of your nursing therapy group activity? \_The purpose of my activity is to help the individuals utilize and identify different coping strategies that they have learned that help them in times of stress. \_\_\_\_\_

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3. How will this activity benefit the clients in the milieu? \_\_This activity can benefit the clients in milieu by keeping a calm and peaceful environment, reminding them of their coping strategies that work for them, so in times of stress the paper can be a reminder. \_\_\_\_\_

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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 anticipate most people will participate with the activity. The activity assists in mental health by utilizing or creating coping strategies that work for the individual.

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