

GROUP NURSING AND ACTIVITIES

- Of the many changes that have occurred in the field of psychiatric nursing in the last decade, one of the most significant is the emphasis on group activities for patients.

REMOTIVATION TECHNIQUE / THERAPY

- A therapy of very simple group therapy of an objective nature used in an effort to reach the unrecorded areas of the patient's personality & get them moving back into the reality.

Indication:

- Can be used in a ward situation regardless of the length of time the patient has been hospitalized, his age or the reason of his illness & sex.

Objectives :

1. Stimulate patient to be fellow explorer of the real world
2. develop the ability to communicate & share ideas & experience with other
3. develop feeling of acceptance & recognition

Values of the Patient:

1. Stimulate patient to think about something & talk about himself .
2. Gives him reason to value himself & increase his self-respect .
3. Takes him out of the darkness of the world life.
4. Makes him part of the group.
5. Take the patient out of the vegetable class .

- ❖ **Duration:** 45-60 minutes
 - 45 min – 1 hour for once or twice per week
- ❖ **No. of sessions & Evaluation**
 - 12 sessions constitute a series.
- ❖ The student evaluates the patient's reactions with the guidance of the CI .
- ❖ Evaluation report is attached to their respective chart of the physicians to note .

Subject to be considered:

1. Geography
2. History
3. Science
4. Literature

5. Industry
6. Sports
7. Hobbies
8. Nature

Subject NOT to be considered :

1. Religion
2. Politics
3. Love
4. Sex
5. Family Problem

STEPS IN REMOTIVATION TECHNIQUE / THERAPY:

1. Climate of Acceptance.
2. Bridge to reality.
3. Sharing the world we live in. (15 min.)
4. Appreciation of the works of the world (15min.
5. Climate of Appreciation (15min)

STEPS/ Procedures:

- 1. Climate Acceptance (5min)**
 - a. The leader who is at the center of the group introduces him & the rest of the group.
 - b. Leader must ask the patient to introduce themselves.
 - c. After the intro., the leader may comment on the weather, the patient's appearance or may give a pleasant compliment.
 - d. The objective: Create a pleasant & relaxed atmosphere

Explanation: Climate of Acceptance

- It is developed when the meeting opens. The group leader makes personal introductions and warm, friendly comments and demonstrates a pleasant attitude while circulating in the group. The objective is to establish rapport between the staff member and group members.

2. Bridge to Reality (15min)

- a. Ask bounce questions. Question should be short & easy to answer.
- b. Then ask for anybody who knows a poem about the topic of discussion .
- c. Questions are from general-specific
- d. Try to read your poetry to the group & later ask the patients to read it. Show your visual aid

Explanation: Bridge to Reality

- 2. In the second step, the leader starts the group thinking about a selected topic of the real world as a bridge to reality.
- The leader may ask a thought provoking questions and visual aid to motivate responses from members.
- A poem related to the topic maybe introduced and each patient asked to read a part of the poem.

3. Sharing the world we live in (15min)

- a. Stimulating question leading to the topic
- b. Leader should try to explore the topic under discussion

4. Appreciation of the works of the world (15min)

- a. The step is blended with step 3
- b. Be sure to relate the patient so he will be able to think of himself in relation into certain job.

5. Climate of Appreciation (15min)

- a. Leader should try to ask a summary about the topic with has discussed
- b. Express your appreciation to the patient for coming to the sessions & Tell them about the next session & what topic to be discussed.

6. The completion of the discussion and meeting is carried out in the final step, the climate of appreciation.

- a. The group leader briefly summarizes the highlights of the meeting.
 - b. Thanks the group and individuals who made special contributions
 - c. Announces the time and date of the next meeting.
- There are no recess periods between steps; the meeting flows as one continuous structured discussion. Frequently, socialization is encouraged following the meeting.
 - The basic technique is thus broadened to include other group activities, such as

Group Ideas For Psychiatric Patients

Fred Ovsiew, Richard L. Munich



Group Ideas For Psychiatric Patients:

Group Process and Structure in Psychosocial Occupational Therapy Diane Gibson, 1988 Highly skilled professionals examine the important concepts of group therapy structural elements such as goals norms group size physical environment and instructions that can be varied depending on the purpose needs and functional level of the client the ability to guide and control process elements such as spontaneous feedback and the ability to support clients and help build a cohesive safe group

Challenging Ideas in Psychiatric Nursing Liam Clarke, 2003-09-01 Challenging Practice in Mental Health Nursing questions theories and practices which have become central in mental health care today The book is inspired by the growing concerns of both the public and professionals about accepted methods of practice and their effects on patients and clients Liam Clarke argues that while many different theories and models exist their validity and effectiveness in caring for patients has yet to be proved Chapters examine holism Rogerian and other counselling theories forensic psychiatry rational emotive therapy This will be an essential and thought provoking read for nurses and other mental health professionals who want to develop as critical practitioners

Psychiatric Index for Interdisciplinary Research, 1964

Psychiatric Intensive Care Roland Dix, Stephen Dye, Stephen M. Pereira, 2024-03-28 Fully expanded and updated this third edition remains an essential reference text for all healthcare professionals and managers involved in the care of the mentally ill patient particularly in the intensive care environment It provides practical and evidence based advice on the management of a diverse range of disturbed and severely ill psychiatric patients in secure hospital settings Content is focused upon some of the most challenging areas of in patient and acute mental health practice including the PICU the acute in patient and the forensic and acute mental health crisis occurring in the community Brand new chapters explore topics such as challenging and sexually problematic behaviour within an in patient and other settings and international perspectives on PICU wards This edition also covers technological developments for improving mental health care for patients safety for those working and living within mental health units and importantly incorporates the UK MHA Code of Practice 2015

Psychiatric Index for Interdisciplinary Research Richard Alonzo Schermerhorn, 1964

Functional Psychiatric Disorders of the Elderly Edmond Chiu, David Ames, 1994-09-22 Until recently the literature has sadly neglected the commonest disorders of old age which lacking a demonstrable organic basis have tended to be called functional Professor Chiu and Dr Ames provide us with the first comprehensive text to deal with all the non dementing psychiatric disorders in a practical guide and exhaustive reference Interfacing psychiatry and somatic medicine and confronting the issues of co morbidity this text clearly outlines our core knowledge about clinical problems discussing appropriate treatments and highlighting areas for future research Along with case histories which bring much of the detail into lively focus chapters are neatly cross referenced and are rich in practical advice for multidisciplinary management strategies A unique group of contributors of international renown includes members of a number of allied health disciplines relevant to old age psychiatry This text is sure to be of

widespread interest to all professionals concerned with the health of older people

Group Psychotherapy: Exercises at Hand—Volume 1 Vacir de Souza LMHC CAP CFAE, 2011-05-05 Group Psychotherapy Exercises at Hand is a three volume series that provides concise creative and systematic approaches for beginners and seasoned professionals practicing group psychotherapy sessions. The customizable group session models apply and improve psychotherapy techniques by employing notes based on real world settings. Each group session model provides valuable suggestions for group interactions, therapeutic interventions and treatments. The Exercises at Hand series includes practical, reliable and structured techniques and exercises that will enable you to implement ready to use exercises in both outpatient and inpatient situations, utilize innovative exercises for group psychotherapy sessions for professionals working in community mental health centers, hospitals, jails, group homes, shelters or private settings, conduct group psychotherapy sessions through uniquely organized topics and exercises, set high standards for documentation using flexible and updated models of real group sessions. Group Psychotherapy Exercises at Hand offers some of the best organized materials available on the market. These volumes present an abundant collection of topics and exercises designed to cover the full spectrum of group psychotherapy. Each topic and corresponding exercise has been meticulously created and organized in a logical sequence to make your work as the group leader easy and effective. Enhance the progress of your patients by helping them gain better understanding about themselves and make positive changes in their lives.

Psychiatric Nursing Norman L. Keltner, 2013-12-27 Learn the therapeutic skills you need for your role in psychiatric nursing care. Psychiatric Nursing uses a practical three pronged approach to psychotherapeutic management that clearly explains how to care for patients with psychiatric disorders. It emphasizes the nurse's three primary tools: themselves, medications, and the environment. Written by Norman L. Keltner, Carol E. Bostrom, and Teena McGuinness, each an educator and advanced practice nurse, this text covers the latest trends and treatments and provides a solid real world foundation for the practice of safe and effective psychiatric nursing care. Unique A practical three pronged approach to psychotherapeutic management includes 1. the therapeutic nurse/patient relationship, 2. psychopharmacology, and 3. milieu management. Unique Norm's Notes offer helpful tips from the lead author at the beginning of each chapter, making it easier to understand difficult topics. Unique Putting It All Together summaries are provided at the end of each chapter. Patient and Family Education boxes highlight information that should be provided to patients and families. Family Issues boxes highlight the issues families must confront when a member suffers from mental illness. Nursing care plans emphasize assessment, planning, nursing diagnoses, implementation, and evaluation for specific disorders. Case studies depict psychiatric disorders and show the development of effective nursing care strategies. Clinical examples from the authors' own experiences illustrate concepts with real life clinical situations. Learning objectives at the beginning of each chapter preview the important principles to follow. Study Notes summarize each chapter's important content. Critical thinking questions help you expand your clinical reasoning skills. Suicide and Other Self Destructive Behaviors chapter identifies risk

factors associated with suicidality and various forms and characteristics of self mutilation War Related Psychiatric Disorders chapter describes the symptoms and treatment options for posttraumatic stress disorder and traumatic brain injury patients New approach for Introduction to Milieu Management chapter recognizes the shift of the therapeutic environment from inpatient units to community settings plus nurses changing roles New approach for Nutraceuticals and Mental Health chapter focuses on foods that provide health and medical benefits Student resources on the companion Evolve website include downloadable audio chapter summaries NCLEX examination style review questions psychotropic drug monographs and learning activities

Psychiatry Clerkship Guide Myrl R. S. Manley, 2007-01-01 This guide equips you with the practical core knowledge you need to manage the patients you re most likely to see during your psychiatry clerkship Brief enough to read from cover to cover yet thorough enough to address virtually all the challenges you might face Psychiatry Clerkship Guide is just the tool you need to succeed Broken into three sections the book first introduces you to basic skills and concepts including ethics history physical examination and developmental assessment It then goes on to describe specific psychiatric health conditions organized by presentation symptom sign abnormal lab value and by diagnosis allowing you to approach a problem from either direction Organizes material according to the types of questions that typically arise during the pediatrics clerkship Uses Learning Objectives and Key Points boxes to make complex data easier to remember Provides Practice Cases to illustrate the types of clinical scenarios you may experience Includes a Practice Test of multiple choice questions at the end of the book to help you prepare for examinations Updated content ensures you are learning the most current information in the field Include explanations of wrong and right answers in examination and case questions to aid your additional learning and review Questions now in USMLE style More useful for board prep New interior design for ease of use

Principles of Inpatient Psychiatry Fred Ovsiew, Richard L. Munich, 2008-11-01 Principles of Inpatient Psychiatry is geared to psychiatrists working in inpatient settings residents psychiatrists who occasionally provide inpatient care and psychiatric hospitalists who specialize in the inpatient arena Inpatient settings contain the sickest psychiatric patients such as those with a high risk of suicide agitation requiring emergency management or treatment resistant psychosis and depression all topics discussed in the book Co morbid general medical illness is common and the book focuses attention supported by case examples on medical and neuropsychiatric as well as general psychiatric evaluation and management Chapters address special clinical problems including first episode psychosis substance abuse eating disorders and legal issues on the inpatient service The editors bring expertise to bear on a wide range of treatments including psychopharmacologic psychodynamic and milieu approaches

Leading Psychoeducational Groups for Children and Adolescents Janice L. DeLucia-Waack, 2006-05-03 This book provides readers with direction on how to organize psychoeducational groups while also helping them enhance skills for effectively leading such groups all in one comprehensive volume Offering an applied pragmatic approach author Janice L DeLucia Waack uniquely integrates research and practice to

suggest valuable leadership strategies while addressing special issues such as children of divorce anger management bullying behaviors and much more

Use of Groups in the Psychiatric Setting, 1960 *Handbook Of Adolescent Inpatient Psychiatric Treatment* Harinder S. Ghuman, Richard M. Sarles, 2013-06-20 First published in 1994 The Sheppard and Enoch Pratt Hospital has been treating severely emotionally disturbed adolescents for a number of years During this time they have had the opportunity to build upon the principles and techniques of acknowledged experts and leaders and have gained a great deal of experience and wisdom ourselves Our treatment teams had the time to deliver intensive in depth treatment which included three weekly individual psychotherapy sessions three weekly group therapy sessions daily activity therapy and intensive milieu program daily ward meetings weekly family therapy and a daily therapeutic school program The knowledge and principles described in this book are not only applicable to inpatient facilities but also valuable to practitioners in day hospitals group homes and outpatient practice

Essentials of Psychiatric Mental Health Nursing - E-Book Elizabeth M. Varcarolis, Chyllia D Fosbre, 2020-07-16 A 2017 AJN Book of the Year Award winner Essentials of Psychiatric Mental Health Nursing A Communication Approach to Evidence Based Care 4th Edition offers the perfect balance of essential nursing interventions and clinical content It incorporates a reader friendly style and an emphasis on therapeutic communication and evidence based practice Perfect for shorter psychiatric nursing courses this streamlined psychiatric text includes need to know information and key DSM 5 content you need to pass your course and prepare for the NCLEX A neurobiology of the brain teaching tool provides a visual depiction of how the disorder affects brain function and what drugs are used to treat it Additionally this new edition includes Giddens Concept boxes Integrative Care boxes updated clinical disorders chapters and new use of nursing diagnosis language International Classification for Nursing Practice ICNP which smooths your transition into practice as this is a common language shared with many electronic health record documentation systems Neurobiology of the brain feature provides a visual depiction on how the disorder affects brain function and what drugs are used to treat the disorder Applying Evidence Based Practice boxes throughout the clinical chapters pose a question walk you through the process of gathering evidence based data from a variety of sources and present a plan of care based on the evidence Vignettes describing psychiatric patients and their disorders add more practical application to the chapter material DSM 5 diagnostic criteria identify medical diagnostic criteria for most major disorders Applying Critical Judgment introduces clinical situations in psychiatric nursing at the end of all chapters with thought provoking questions that engage critical thinking NEW Integrative Care boxes address alternative therapies to treat psychiatric illnesses NEW Giddens Concept boxes at the beginning of each chapter tie to the topics discussed in that chapter UPDATED Clinical disorders chapters such as Schizophrenia Bipolar Disorders and Somatoform Disorders and many others reflect the latest evidence based research and practice NEW ICNP nursing diagnosis language smooths your transition into practice as this is a common language shared with many electronic health record documentation systems UPDATED Cultural Considerations sections

include more updated and relevant material whenever possible in the clinical chapters and address cultural considerations with various patients and appropriate care

Art Therapy for Groups Marian Liebmann, 2006-08-21 This book presents a collection of practical exercises games structures and techniques for use by art therapists teachers and other groupwork leaders working in schools hospitals and day centres

Groupwork in Occupational Therapy Linda Finlay, 1997 Written primarily for occupational therapists this text explores the range of group work activities used within occupational therapy practice The first part tackles theoretical aspects while the second considers practical approaches to group management There are specific chapters on how to plan lead and evaluate a group and guidelines are provided on how to approach some of the common problems which arise in group work

A Handbook Of Psychiatry P.M Lichtenstein, S.M. Small, 2013-08-21 This is Volume XI of nineteen in collection of Abnormal and Clinical Psychology Originally published in 1944 this book looks at the area of normality and abnormality Normalcy is a relative term and its patterns vary continuously

Group Psychotherapy: Exercises at Hand—Volume 3 Vacir de Souza, LMHC, CAP, CFAE, 2011-05-05 Group Psychotherapy Exercises at Hand is a three volume series that provides concise creative and systematic approaches for beginners and seasoned professionals practicing group psychotherapy sessions The customizable group session models apply and improve psychotherapy techniques by employing notes based on real world settings Each group session model provides valuable suggestions for group interactions therapeutic interventions and treatments The Exercises at Hand series includes practical reliable and structured techniques and exercises that will enable you to implement ready to use exercises in both outpatient and inpatient situations utilize innovative exercises for group psychotherapy sessions for professionals working in community mental health centers hospitals jails group homes shelters or private settings conduct group psychotherapy sessions through uniquely organized topics and exercises set high standards for documentation using flexible and updated models of real group sessions Group Psychotherapy Exercises at Hand offers some of the best organized materials available on the market These volumes present an abundant collection of topics and exercises designed to cover the full spectrum of group psychotherapy Each topic and corresponding exercise has been meticulously created and organized in a logical sequence to make your work as the group leader easy and effective Enhance the progress of your patients by helping them gain better understanding about themselves and make positive changes in their lives

Psychiatric Nursing Mary Ann Boyd, 2008 The AJN Book of the Year award winning textbook Psychiatric Nursing Contemporary Practice is now in its thoroughly revised updated Fourth Edition Based on the biopsychosocial model of psychiatric nursing this text provides thorough coverage of mental health promotion assessment and interventions in adults families children adolescents and older adults Features include psychoeducation checklists therapeutic dialogues NCLEX notes vignettes of famous people with mental disorders and illustrations showing the interrelationship of the biologic psychologic and social domains of mental health and illness This edition reintroduces the important chapter on sleep disorders and includes a new chapter on forensic psychiatry A bound in

CD ROM and companion Website offer numerous student and instructor resources including Clinical Simulations and questions about movies involving mental disorders

Group Psychotherapy: Exercises at Hand—Volume 2 Vacir de Souza LMHC CPA, 2011-05-05

Group Psychotherapy Exercises at Hand is a three volume series that provides concise creative and systematic approaches for beginners and seasoned professionals practicing group psychotherapy sessions The customizable group session models apply and improve psychotherapy techniques by employing notes based on real world settings Each group session model provides valuable suggestions for group interactions therapeutic interventions and treatments The Exercises at Hand series includes practical reliable and structured techniques and exercises that will enable you to implement ready to use exercises in both outpatient and inpatient situations utilize innovative exercises for group psychotherapy sessions for professionals working in community mental health centers hospitals jails group homes shelters or private settings conduct group psychotherapy sessions through uniquely organized topics and exercises set high standards for documentation using flexible and updated models of real group sessions Group Psychotherapy Exercises at Hand offers some of the best organized materials available on the market These volumes present an abundant collection of topics and exercises designed to cover the full spectrum of group psychotherapy Each topic and corresponding exercise has been meticulously created and organized in a logical sequence to make your work as the group leader easy and effective Enhance the progress of your patients by helping them gain better understanding about themselves and make positive changes in their lives

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