Research Question

Name

Institution

Date

The issue selected: Residents are not opening up during group process meetings

Recreational therapy is simply a systematic process which utilizes recreation and other interventions based on activities to address the assessed psychological and physical needs of individuals. This approach is usually taken as a way of enhancing individuals’ physical and psychological health, wellbeing and recovery. However, not all times this approach ends up being successful when employed. This is because of various factors such as using wrong activities or participants not being free with each other. In this case, residents seem not to be free with either each other or individuals in charge of the therapy.

There are various reasons why residents are refusing to open up during group process meetings. One of these reasons is that those in charge of therapy are not giving residents enough opportunities to air their views or concerns. Another reason might be that the activities used for the therapy do not meet residents’ expectations or needs. In addition, residents might be refusing to open up during group processes because they are not familiar with those coordinating the meetings. This aspect is likely to have been influenced by the coordinators’ failure to effectively interact with residents before meetings thereby leading to residents being unable to be free with them.

The failure of residents to open up during is likely to compromise the success of the therapy sessions. This aspects leads to the question, “what should therapists do in order to enable their patients open up during therapy sessions?” answering this question will enable the coordinators of recreational therapy make residents to open up during group activities. It is only through opening up that the therapy is going to meet its targets.