

Current Theories and Practice Journaling Assignment

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If I'm completely honest, I don't have much in the way of feelings or even concerns about clinical experiences in psychiatric mental health. If I had to identify a main concern, it would be about my complete lack of knowledge on what to expect going into the experience. I'm not a huge fan of the unexpected. But, I think that going into these clinical situations without expectations or much in the way of fears will possibly be the best way to approach the situation. If I don't have experience to draw upon to then know what to expect, I shouldn't allow myself to create expectations out of nothing. As of now, we haven't even had a lecture yet on a psychiatric mental health nursing topic. So, going in at this moment, I have nothing at all (in terms of clinical psychiatric experience) to draw on and therefore, will not be drawing any premature conclusions.

I have a relatively good amount of experience with psychiatric illnesses, depending on who you compare it to. Personally, I've been diagnosed with depression and anxiety. My brother and both parents are all also diagnosed with those two illnesses. My father also had post traumatic stress disorder from his abusive childhood. My extended family also has some combination of the previously mentioned diagnoses with a few different ones sprinkled in here and there. The house I grew up I did not do well when it came to talking about real life things like feelings and struggles. My mother developed extremely unhealthy coping mechanisms and those were somewhat translated into my brother and I. But because of this, I've tried really hard to change the narrative of my life and get better about talking about and dealing with my struggles and the struggles of those around me. I believe mental illness is just that, an illness. So many people unfortunately see mental illness and the manifestations of it as a choice. There is a stigma that those who struggle with different diagnoses are lazy, crazy, dumb, or so many other things. I do my best to not fall into that norm in our society of thinking down on those who do struggle.

I take some pride in the fact that I think I do relatively well with not having too many biases or preconceived notions surrounding mental illnesses. Obviously, I am human and some bias is inevitable, but I do my best to be conscious of that and limit it wherever possible. I am very interested for what's to come in this module of psychiatric nursing. Schizophrenia is something that has always really interested me and I'm very excited to learn more about it. I also am interested to learn about the different treatment methods and options available to patients. Mental illness is overwhelming to me personally because so many of the diagnoses seem almost like a life sentence. Often times, there isn't a "cure" and that is part of what makes psych seem like almost a sad specialty in nursing to me. But, I will admit that I haven't looked much into it so that is something that I am very ready to learn more about.

Overall, psychiatric nursing is something I have zero experience in and essentially zero expectations about what's to come in the clinical experiences I will soon be faced with. I'll be interested to see if at the end of this, I can see myself going into psychiatric nursing after all or if it's not necessarily what feels like the right choice for me.