

Psychiatric Metal Health Nursing

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I am looking forward to this course and experiencing Psych for a better understanding of mental health. I used to believe that mental health illnesses such as schizophrenia was a spiritual battle that just needed help through faith and full-hearted desire to overcome it. I didn't understand the physical element as far as hormones, genetics, childhood experiences, or any other things that contribute to eventual mental illness. I have a high school friend that I lost contact with for many years and once we reunited, I learned of her mental illnesses of bipolar and schizophrenia which she did not have when I knew her in school. I learned of her journey during our separation of paths in life after high school. I learned she experienced a time of abusing street drugs, which is what I blamed for her new mental illnesses. I believed the drugs opened a door for the demons to come and mess with her and that she just needed to get closer to God and truly desire to be healed and have the faith that she will be healed so she could get off all the meds, but I learned as our friendship continued how desperate she was to be healed, as well as the knowledge and wisdom she had of the spiritual realm and to my surprise, none of that was enough. I continued to listen through out or friendship to her thoughts, experiences, and what some would consider gifts that she has such as, being able to tell you things no one would know about yourself. Eventually I decided to except that her mental illnesses were out of her control and not so easy to fix as I thought, so at that point, I just wanted to support her and make sure she didn't feel judgment from me and make sure she knew I still loved her and looked at her the same and treated her as a human being like the rest of us and now I just want to understand as much as I can about mental health so I can better support her and anyone else I may encounter. I would say that I do still believe there is some sort of spiritual background to this maybe for some. I have had some supernatural experiences in my lifetime to convince me there is good and evil that we don't all see, hear, or feel. I have had dreams that I thought were informing and

all though I didn't know the meaning behind them I felt there was a significance to them. I've always thought of myself as sensitive to the spiritual world considering some people have never experienced anything supernatural. I used to feel afraid when I could feel an evilness and I can't say I don't still feel fear, but I would just say that now I know how to gather myself and stay strong when I feel fear. I know there are different levels of mental illnesses so I would say I am a bit anxious to maybe experience someone in the psych unit that is much more intense than my experiences so far with what I have learned with my friend but I am ready to understand the lecture content to go along with the experiences so I can tie it together and know what's going on and how to respond in a therapeutic way. Some questions I have that I would like to learn about would be, what causes these hallucinations experienced with schizophrenia and how different people cope with it such as their own learned coping strategies. I would like to understand what causes the bipolar characteristics of such strong emotions and the inability to control them and their coping strategies for handling this mental illness. I would love to learn how they feel about their experiences and the effects it has on the way they feel they are treated by the public, family, or friends so I can know how to communicate effectively and help genuinely without naively committing these same offenses and never making a difference.