

Journaling Assignment

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I am very eager to start learning more about Psychiatric Mental Health Nursing. I am especially intent on learning more information about substance abuse. I have a considerable amount of experience with the effects of substance abuse, as I watched an immediate family member struggle with it while I was growing up. I am also very interested in learning about other psychiatric illnesses and how nurses play a role in caring for these patients. For clinicals, I am most excited to go to Dove Tree. My family member went through the 30-day program there and I was able to attend the family visitations on the weekends. It will be neat to experience this treatment center through the nurse's point of view, as I have already experienced it through the role of a family member. My only concern is that I will be slightly missing out on the full experience of psychiatric nursing, as I am not able to attend Sunrise Canyon. However, I am still looking forward to the cases I will get to see in simulations.

Mostly, my experience with psychiatric illnesses is through having a mother that struggled with alcoholism. I was also able to witness the journey of her becoming sober, as she got treatment when I was about to start my freshman year of high school. She is nearing her seventh year of sobriety, and I have learned so much about alcoholism since she became sober. I have learned a lot from her especially, since she is very open about discussing this disease process with me, and I have also attended AA meetings with her and learned more through these meetings. I believe more people should be aware of how alcohol can affect your brain and how easily it can be abused. I am excited to learn more about substance abuse and how we treat different drug addictions. I also have some experience with anxiety disorders, specifically social anxiety. I experienced major social anxiety throughout most of my childhood and adolescence. I was able to overcome it through exposure therapy in the later years of high school. I have seen

close friends and family members experience other different types of anxiety and I would like to know more about the different types and treatments.

I am not certain that I have any pressing fears or concerns going into this course. I have mostly just been excited to start learning about different psychiatric illnesses. I am not very sensitive to my personal experiences with substance use disorder, as me and my mother have had open communication about it for years and I gained an extensive understanding of it. I believe my experience will result in me being more engaged in this topic.

I expect that I will enjoy learning about Psychiatric Mental Health Nursing. Although I have some experience in an area of psychiatric illnesses, there is still so much I do not know about other illnesses, and I am looking forward to extending my knowledge. I am hoping to learn more about alcoholism and what a day in the life of a nurse working at a treatment center looks like. One question that comes to mind is, what classifies someone as having a narcissistic personality disorder, and is it possible to treat this? I know someone who shows extensive tendencies of narcissism, and I would like to know more about this disorder if it is a part of our lessons. I am hoping to gain a deeper insight into how the mind of someone with narcissism works, and what makes them behave and think the way they do. Another question I have is, how might a child be psychologically affected into adulthood if they grew up with a parent who has a psychiatric illness. This has been an interesting thought to me ever since we learned about adverse childhood experiences last module. I want to learn more about how the family is affected in general, and if it makes them more susceptible to psychiatric illnesses themselves. The last question I have is, what are the different roles of psychiatric nurses? I do not have a lot of understanding of nursing in this population. I would like to see the different areas they work in and become knowledgeable about how they provide care for patients with different psychiatric

illnesses. I am also hoping to learn good therapeutic communication skills in this course. I am glad to have reflected on my experiences and thoughts about Psychiatric Mental Health Nursing and I am excited to get started!