

Psychiatric Journaling Assignment

Sidney Fahnert

Covenant School of Nursing

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Mr. Ellis

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Is it a disease? Did I do this or did you? Why me? Could I have done something to prevent this? Can I fix it? Will I ever be the same? Psychology is a subject that brings forth many emotions and questions both as the person affected by the alienizing side effects of how the brain decided to attack them, or as the person watching the man who looks “just fine” suffer from the inside out. I enjoy a quote from Viktor E. Frankl that reads, “Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” Although, I may have drawn out a negative connotation to what I view as psychology, not all is bad. But in this essay, I will place my focus on what I perceive psychology is like in the clinical setting and lightly touch on personal contributions.

Complex psychology has been a heavy part of my life since I can remember. Briefly, I came from a split family which was secondary to an abusive alcoholic. Growing up in that situation has to this day caused many emotional and mental hurdles my siblings and I have had to overcome. In reality, it is not easy to put what we experienced into words, not because it is hard to talk about but because it seems so insignificant to say out loud. I carry a feeling of being misunderstood or almost a “you weren’t there, you don’t understand” mentality about it based on the response I get back from friends and even professionals I have talked to. In addition to my childhood, I moved away from my family and started a career in Emergency Medical Services, that has its own psychological battles that come with it. Typically, when someone calls 911, it is because of something serious, and I found it interesting how I responded to these events. I figured that the gory, traumatic calls would be what would changed me, scared me, or gave me PTSD. I quickly learned that these do not phase me at all, it is always the sexual, physical, and

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emotional abuse cases that get me. They don't bother me because it reminds me of my past, they bother me because I can understand from personal experience how it feels to be trapped inside yourself, how difficult it is to talk when you don't feel as if anyone is listening, or maybe they are listening and they want to help but they just don't understand. It is even harder for me to see how people cope with these issues and as quoted above, how they chose to make what happened to them who they are. I find it frustrating and disheartening. All in all, I am known to my friends as a very "emotionally unavailable" person. Which is not true in the least, I know I have trouble expressing how I feel, exactly what I feel, or what is going on inside my head. I am also aware that I bottle all these feelings up and I've had to learn from day one how to cope so I make it to day two. To me this is not a curse or something awful that has happened to me, I see it as a blessing. I've learned to transfer what I have learned to help people, to be able to understand them, to be patient and kind, and honestly just to be there if they need a closed mouth, open ears, and a good heart. If I could be anything, I want to be a bridge over a river for those who feel trapped on a cliff.

What I am trying to say is, I am very passionate about psychology. I am curious as to what we will all experience in clinical and learn throughout the lectures. Schizophrenia has always been fascinating to me and I am excited to learn more about the disease process, how the person is affected, and maybe see deeper into what they are going through. I also am hoping to learn how to address these patients better and talk to them in a way that is constructive. I am excited to hear stories from other people of what they have gone through, what it took for them to seek help and how they plan to make these obstacles into strengths. I hope in lecture that some different coping mechanisms are addressed, both positive and negative. As far as fears or concerns, I don't think I would necessarily fear anything about this topic. I do have a concern as

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to whether I will get frustrated with people who are wanting help, seeking help, but are not putting in the effort to be benefitted by it. That will be a learning moment for me and I will have to be patient with both the patient and myself.

My expectations for this module are high. I want to learn and expand my knowledge greatly. I hope to understand some topics that I have yet to figure out, and to hopefully see some situations that may be frustrating to me, a little differently. I expect to learn to be patient and kind, to communicate better, and to grow with my classmates. Three questions I would like to seek answers to throughout the course would be: Is post-traumatic stress permanent, how well do medications work for schizophrenia, and can depression be “passed down” from family members? Overall, I am more than excited to have an opportunity to learn about this subject, have many questions, pray this is a good learning experience for all, and that we can be a helpful hand in someone’s life.