

Current Theories Journal Assignment

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When it comes to my feelings, attitudes, experiences, and concerns about taking a course and having experiences in Psychiatric Mental Health Nursing, I am excited to learn and help the world around me. If I am being completely honest, I am a little naïve when it comes to mental illness and psychiatric care. I'm sure that most of the intricacies of these topics are new to me. I want to learn, like I said, to be a better nurse and maybe even friend or person. I am concerned that I will start self diagnosing at the lightest resemblance. I haven't been around much mental health or psychiatric issues. My granddad worked at a psychiatric prison and I heard a few stories and horrors of what goes on there. This is instantly what I think of and what I associate. I understand that not all psychiatry is this way and I want to change that perception. I want to be a sponge that soaks up all the new experiences that I can.

The closest thing that I can experience with a psychiatric illness in my life is my diagnosis of ADHD. It is very mild and high functioning. My twin brother had it too but on a very different level. It is interesting to see the challenges and how individuals overcome them. Seeing illness in those around me is more common than I want to admit the more I start thinking about it. I do have a friend that I'm pretty sure is a narcissist. That sounds bad, but I have done some of my own research, and I see a lot of similarities. I was always wrong and I couldn't confront them. They love bombed me in the beginning and so I felt accepted. As the friendship progressed, I saw that they really didn't care about me, but they cared about what I could do for them. Once I started to pull away and set my own boundaries, it was like I didn't even exist to the narcissist.. I have also seen depression in some family members. It would take over them and eventually was helped with either medication or time.

I do have some fears and concerns. I fear that I will be walked over by those around me, including patients, because of my willingness to help and borderline gullibility. I am scared that I

will say the wrong thing to my patient. I have always been good at avoiding conflict and this has been something I have worked on my whole life. I tend to push away conflicts and I think it will bring peace. Sometimes it does, but most times it just is sweeping under the rug and causes a bigger issue down the road. I am not sure what triggered these personality traits and reactions. I am concerned that those around me perceive me as judgmental. This stems from me and my life choices. On the outside looking in I look like I have it all together and I am stereotyped a lot. I have struggled with this because I think if anyone would take 5 seconds to get to know me that they would realize that I just want to help from a place of love. I have made the choices in my life with consideration and not without difficulty. To be called judgmental is one of the deepest concerns, I know most people don't say it, but often people will change their attitude towards me and how open they are. I try my best to recognize this and therefore adjust my care accordingly to those around me. Actions speak volumes is what I've learned. People see how I actually am and will let their guard down and accept me as I accept them as they are.

I expect to have a much better understanding and appreciation for mental health and Psychiatry. I want to know what to do and how to help. I want to see if I can better myself for my own good and for my future practice. I hope to know how to treat those who can't be treated in a traditional way. The questions I would like to ask are:

- 1) How do you overcome stereotypes ?
- 2) How can I be more confident in a psychiatric setting?
- 3) Will a narcissist ever change?