Current Theories and Practice Journaling Assignment

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Instructional Module 6

Mrs. Maya

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I am excited to get a chance to learn more about psychiatric mental health. I feel like a lot of conditions become sensationalized in the media, and especially in crime shows; I will be interested to learn more about how the conditions impact the people who have them. There is a lot of stigma that surrounds mental health, and especially mens mental health, and so I am hopeful that this course may better help myself and my classmates have compassion for the patients that we take care of and those around us in general.

My experience with psychiatric illness is somewhat limited. I have diagnosed anxiety and depression that comes in waves throughout my life and they can be quite debilitating. My husband has been diagnosed with ADHD and OCD, and we are in the process of getting our oldest child tested for ADHD (almost a guaranteed diagnosis) and ASD. Beyond my own little family, my family of origin going back to grandparents holds items such as depression, anxiety, bipolar disorder, as well as a resulting suicide. Literally everyone in my husbands family has ADHD (back to his parents) and there is also documented narcissism. As I write it out, it looks like I have more experience with these disorders, but I am realizing that many of these disorders are the type that may be more easily hidden or attributed to something else. I suppose what I meant to say was that I know many people with mental illness, but few with a more quickly recognizable challenge.

I have attended counseling appointments and spent a lot of time reflecting and working to find a medication dose that works well for me, and I am very thankful that these options exist! If we can take away the stigma, more people can get the care that they need.

I do not have many concerns, simply for the fact that I have already done some of the work during counseling. I suppose my main fear would simply be that someone might not be understanding or kind. Overall, I am much more of the opinion that the more that you know about something, the better you can help. I want to be able to better advocate for my patients, my family, and myself, and I always want more tools and practice on how to do that.

I am hoping that this portion of the module will offer some insight on how best to take care of patients with various psychological illnesses. I am also especially hoping that it is done in a way that respects the humanity of the people who live with these illnesses on a day to day basis. It can be tempting to make jokes and laugh about things that we do not relate to or understand (there's a way to do it that includes the person, and a way that makes a spectacle out of them), rather than taking the opportunity to look outside ourselves.

That said, there are a few topics that I am looking forward to possibly covering and learning more about. I am curious to learn more about the various medications that are used to treat these illnesses and the basis on which the dosages are prescribed. I am also curious as to the treatment that the inpatient individuals receive. Finally, I would love to learn more about ADHD as it is something especially relevant in my life.