

PMH Journal Assignment

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If I were to discuss my feelings toward a psych and mental health course, then I would have to say that I am very excited to learn more about it. I have always been very interested in mental health, and I even became a psychology major for one semester in undergrad. However, that is the extent of my experience with this field. I am not close with anybody who has been diagnosed with a well-known mental illness, and I have not spent much time around people of that population. However, I consider my abnormal psychology class in undergrad one of my all-time favorite classes. The class was taught by Dr. Young. Dr. Young had a few jobs alongside professor, one of them was hostage negotiator for the Lubbock Police Department. This guy was so cool. He told us many stories of how abnormal psychology presents itself in the world. Because I had never been exposed to people like this, I was amazed by the stories he told, even fascinated. Unfortunately, that is the extent of my experience with psych and mental health when it comes to real world scenarios. That is one reason I am excited to get back into this topic, I just want to see more. I am also very excited for the clinical days. I know that it will probably be different than I expect but I am excited to see how things are run in that environment. When entering into a topic in which I know little about, there are fears involved. Fears about not knowing the information, fears about being in a weird place with odd people, and fears about being in situations that you've never been in before. To me this is what makes this module very exciting, there is a thrill involved with seeing new things and doing new things. Most of the fears that I mentioned are brought on by a prejudice around mental health. I believe that there is a strong societal narrative that drives us all away from this topic. I have had a very fortunate life, there is not very much trauma that exists in it. Because of this, there are not any past experiences that are being pushed on with this information. However, I know that

many people have been personally touched by these disorders. For those people, this module could be very intense and challenging. That student would be forced to acknowledge and bring about old memories. These thoughts then effect how we act and feel today. In a learning environment, the student that has past experiences with abnormal psychology may be prone to reliving traumatizing scenarios. My expectations for this psych and mental health course are pretty high. That is only because my previous psych courses have set the bar high. I expect to learn more in depth about mental health and see it firsthand. I expect to be challenged at my clinical sites and I am excited for it. One question I think will be answered this module is how an inpatient psych facility is run. I am very excited to learn about the inpatient facilities. Another question that I hope is addressed this module is why there is such a judgmental nature around mental health. Over the past several years that prejudice has decreased but it still exists today. I hope we dive into the root of that prejudice and are able to learn about why we were programmed to feel a certain way about a certain group of people. The last question I would pose for this module is this, where do these disorders come from? I get it, there is probably no answer to a question like this. However, I hope we are charged to look at the root cause behind some of these disorders. Was this disorder present all along or was it planted inside the mind of a young person and cultivated over the years with bad life experiences? Like I said there is probably no way to truly know how these disorders come to be but I do think it is necessary to study the onset and try to better understand where they come from. Like I've said throughout this reflection, I am very excited for the psych and mental health portion of this module. Great teachers in my past have instilled a curiosity around this subject that I have not been able to satiate in a long time.

