

- Sim this week was an eye-opening experience for me in terms of what to expect and how to communicate with pts as I move into my other psychiatric mental health clinical sites. The hands-on approach for lecture material to possible real-world scenarios was very helpful. The emotional and psychological participation allowed for a lot of growth and learning.
- I anticipated a more simple approach to lecture information, however the scenarios, especially those involving emotional and psychological components, added more insight that I did not expect. However, I believe that it made the experience more challenging.
- I thought my ability to communicate with my pt during the scenario was something that went well. I surprised myself with my ability to communicate effectively with the patient in order to deescalate the scenario. I also thought that with what little information we know about Borderline Personality Disorder I handled the situation by thinking critically instead of just jumping straight for medications.
- I think I could have improved on the opportunity to dive deeper into the patients' concerns when I first entered the room instead of being so focused on what I was going to do in order to get in and out of the room as fast as possible. Improving my ability to balance immediate needs with long-term emotional support is a goal.
- Being the patient offered me a new look into the vulnerabilities and anxieties that patients experience in a setting that they are not familiar with. My role as the pt increased my understanding for being patient and importance of therapeutic communication.
- This week I learned just how important therapeutic communication can be in any situation as far as de-escalation and really understanding what the pt is feeling. It really showed me that my therapeutic communication skills need improvement.
- This week showed me just how complex mental health is. It provided me with a better understanding of mental health and the importance of a holistic approach, instead of just addressing symptoms but also supporting the individuals' overall well-being.
- Moving forward I will use better communication to talk with patients and their families, to make sure that their concerns are heard and addressed. As well as approaching each patient with empathy and understanding, while recognizing the importance of emotional support in the healing process.