

## Week 6 Oceans Clinical Reflection

### **Step 1 – Description**

This week I attended clinicals at the Oceans Behavioral Hospital of Lubbock. The patient population at Oceans was split into 2 groups which were based predominantly on the age of the patients, with one half of the hospital being devoted to patients under 40 years of age, and the other half of the hospital being devoted to patients that are predominantly over the age of 45 years old. My role while at Oceans was to interact with the patients and assist with the daily tasks of the Mental Health Technicians.

### **Step 2 – Feelings**

Before going to Oceans, I had never spent a prolonged amount of time in a facility devoted to mental health rehabilitation. The locked doors and abundant cameras in the hospital made for a very intimidating first impression. Despite this initial uneasiness, I became very comfortable after verbally engaging with the clients at Oceans. I felt welcomed by all the patients at the Oceans Behavioral Hospital of Lubbock, and by the end of my clinical experience, I felt that most of the patients were comfortable enough with my presence that they would openly express their emotions.

### **Step 3 – Evaluation**

I was very surprised at how well the staff of Oceans maintained the therapeutic milieu of the hospital. I initially expected the environment at Oceans to be very tense and potentially hostile, however, I never felt that the calm milieu at Oceans was ever threatened. I was very impressed at how quickly the Mental Health Technicians would respond to any complaints or concerns presented to them by the clients. I contributed to the management of the therapeutic

milieu at Oceans by helping clients verbalize any frustrations and redirecting any conversations that could act as potential triggers to emotional distress.

#### **Step 4 – Analysis**

During my time at the Oceans Behavioral Hospital of Lubbock, I was able to apply my previous knowledge of coping techniques and cognitive behavioral therapy to help depressed patients redirect their insecurities into positive affirmations. Many of the patients I interacted with in both age groups at Oceans struggle with varying forms of depressive disorders. I was able to assist these patients identify precipitating factors of their depressive thoughts and taught them new strategies of coping to utilize while battling bouts of dysphoria.

#### **Step 5 – Conclusion**

Upon reflection, the only thing I wish I had done differently during my clinical experience at the Oceans Behavioral Hospital of Lubbock is enter the environment with a more open mind. I was intimidated by the security of the facility, and this inhibited me from providing the clientele with a better first impression. My clinical experience at Oceans has taught me how to educate psychiatric patients on new methods of coping with stress. I was also able to help patients practice cognitive behavioral therapy by utilizing positive affirmations to combat thoughts arising from negativity and self-doubt.

#### **Step 6 – Action Plan**

Overall, I feel that my time at the Oceans Behavioral Hospital of Lubbock was a very positive experience. This time spent communicating directly with patients afflicted by psychosocial disorders has allowed me to practice therapeutic communication and develop plans of care involving mental rehabilitation. I will now be able to utilize my experience at Oceans to help facilitate honest emotional dialogue with my patients in the future.