

While at Oceans this week, I maintained a safe environment by waiting to be badged out of the main room to get to the bathroom, lunch or at the end of our day. Also, while talking to patients I made sure to make them feel safe when talking to them.

I can apply calming techniques from my previous knowledge about anxiety to the group discussion. What I learned from clinical is that the patients there were a lot like everyone else and going through issues we all do on a daily, but they have some form of mental illness in addition to these issues. Having a mental illness can magnify an issue and cause things such as negative thoughts or impulsive reactions.

There was a patient in one of the groups I attended that was there because of a SI. He was being verbally abused by his parents that he lived with and could not take any more from them, so he attempted suicide. He stated that he wanted to start fresh and have distance between himself and his parents. He claimed that he forgives easily, and I was concerned that he was going to give in and go back with his parents and the abuse would continue. He felt confident that he had a great support system and really wanted to have his space from his parents. My suggestion for him is to continue to take his medications that he is prescribed, set up sessions with a psychologist to help understand his situation and what to do if he encounters it again. During clinical I maintained professionalism by not using words such as that sucks, crazy, or telling the patients things they dealt with were not really that bad. I showed sympathy and truly listened to the patients' giving suggestions that could help them out next time.

The way I used therapeutic communications was by making sure my nonverbal cues were appropriate and letting the patients know I was listening to them and interested in the conversation.

At the beginning of clinical, I felt ready but a little nervous to be at Oceans because I thought this would be uncomfortable and the patients would be embarrassed to talk about their situation. Turns out many of the patients wanted to talk and enjoyed our class being there. This made me feel comfortable and eager to listen to the patients' stories. The most important feeling I had was empathy. I could feel the pain in their voices and stories that they wanted help.

What stood out the most to me was how many of the patients talked about how nice Oceans was and how great the patients got along. I have never been to a behavioral hospital so hearing how great and nice it was, made me appreciate the place even more. Patients talked about other behavioral hospitals and incidents where employees were fist fighting each other, patients always throwing furniture at each other and it always being a

hostile environment. At Oceans, the staff were amazing, and the patients all respected each other.