

### Oceans Reflection

I tried to maintain a safe environment by just staying calm and not judging anyone or their life. The group therapies were great to listen to. Both sides had their similarities and differences in the groups. On the "older" side it was more about how to train the mind to think differently, how their thoughts can negatively affect their life. On the "younger" side it was more about how to deal with anger and more interaction with coping skills. This pertains to lectures because there are many types of therapies and I feel like they were more cognitive thinking therapy sessions. How to change the mind from thinking negatively to a more positive way of thinking. I can use this by understanding that everyone thinks differently and has different ways of coping, in my nursing practice I will be slow to speak and actively listen to everyone. One patient was pretty angry and had a hard time dealing with and responding to anger. I would try to teach the patient beneficial coping skills to help when he becomes angry. I think this may take awhile for him because one he has been hurt so many times and 2 now he is just numb and coping will be very hard to talk about his emotions. I maintained professionalism by trying to listen to everyone's story, no matter their history or background. I also tried not to treat each pt. differently. Actively listening is huge for these patients. Therapeutic communication is huge for these patients and getting to know their patients by not their disorder but by their hearts. I really wanted to get to know everyone there. I wanted to know their stories and how their lives were. I just wanted to listen to everyone and understand all of them. I was never scared or uncomfortable. Everyone there staff and patients were nice and welcoming. I think one thing that stood out to me was how withdrawal and anxiety really affects a person. We can read all about it but when we actually see it, is how we really start to understand how severe it can be.