

**Shamari Mims**

**PMH SIM**

I was initially nervous about participating in a simulation this week not knowing what to expect. However, I was drawn to see how it would help me understand mental illness a little better. I was expecting it to be loud, very over the top scenarios. I searched on Youtube a few scenarios and most of them had actors that were very detailed in their script and it involved calling security on the patient. I thought my experience would be similar, especially not knowing what scenario was going to be given to me. There was no way for me to prepare for this. My scenario went well until my patient started expressing the need to have a drink and to smoke. I could have been more therapeutic towards my patient regarding the fact. I also could have better familiarized myself with the documents I had to read to my patient, only because as I was reading them, I was trying to understand what I was asking my patient. So, if my patient had further questions I wouldn't know how to answer them. Switching over to me being the patient for PTSD went well. It didn't really affect me in any way other than me gaining more knowledge and respect for those living with PTSD. Before this week, I felt somewhat confident in my communication but I didn't know what to say when applying it to situations like these without having a silence. I have really bad anxiety and certain mental illnesses are in my family so I relate to the feelings of "you must think I am crazy" or the feeling of not being heard. Some know how to cope better than others. I will work on my communication and be more empathetic towards them, and also being more knowledgeable about the possible questions that are asked.