

This week in clinical, I got to participate in many and multiple scenarios. I felt a sense of fear and anxiety when going into the situation at first, but then was met with reassurance when Dr. Harrison was kind and walked us through the orientation and some of the scenarios. I felt excited and educated after the first scenario, ready for my turn to be able to make some decisions. It for sure went better than I expected, I think most everyone in our class has a huge fear of anything sim related due to IM2's CPE which caused a whole lot of anxiety. Any time I know I am participating in a sim experience, I get nervous for what I could be getting myself into. I think the only thing that could've gone better would have been having some more therapeutic communication skills under my belt. I think since we had just gotten the lecture we weren't all 100% confident in how to speak to patients that were a new realm for us in. When I was the patient in one scenario, I was a patient experiencing severe anxiety due to a medical problem. I felt like I was not having to act for certain parts of the scenario. But, I also got to see how my classmates would talk to and reassure a patient in those sorts, including non-pharmacological interventions like breathing techniques. I think this week encouraged me to use my therapeutic skills but also learn to listen and ask more questions to understand the patient's brain and how they feel. I think just sitting with someone and hearing them and not planning a response can be hard, but it's such a good skill to be able to do. This week helped me and gave me a "nudge" to be better at these things. The knowledge gained from this experience makes me feel even more empathy and care for the patients that I have heard people say are "scary" but maybe they just need someone to sit with. Also, I have always asked how I can make someone else feel seen and loved in a conversation so it's super cool to know for psych patients but also all patients to be able to empathize with them. I am very excited to continue to use my skills.