

I was very nervous for sim this week. However after getting through the first scenario everything seemed to ease. I really enjoyed getting to watch the scenarios play out as well as participate in all of the different scenarios as well as watch my class mates succeed.

It went a lot better than what i thought it was going to. Still being new to the psyc world I do not think any of us really knew what to expect out of any of the scenarios.

The parts that went well was the constructive feedback that I got from my class mates as well as figuring out how to use therapeutic communication properly and putting it into practice with a wide variety of patients diagnosis.

Going in with a little bit of knowledge on how to speak with some patients with certain diagnoses could have helped me a little bit more.

Being the patient put into aspect the way some patients can be treated possibly and the stigma behind certain diagnoses made me feel empathy towards all of them. It alsohelped me realize that people should not judge so quickly.

This week using therapeutic communication was a great experience for me. I was able to put into practice what we have learned so far as well as see my class mates piece it together and also pick up tricks from them and Dr.Harrison to use in my future tool box.

This week changed how I thought about mental health in the fact that each patient is unique and so is each diagnosis of these patients. Most people would not be able to relate to some of the scenarios and I think it was very eye opening for me.

I will use this knowledge in the future to help any patient with any diagnosis of mental health I may stumble upon so that i can treat them with dignity and respect while dealing with dual diagnosis as well as if i end up as a psych nurse. I am very grateful for all of these tips and tricks I have learned!