

During the group, I maintained a safe environment by not sharing any of my client's information with anyone else. I also saw medications & detailed information, and then maintained a quality environment for the patients. During the group, I got to integrate therapeutic listening and non judgemental behavior. We got to sit in the side of the room and listen and observe stories and hear thought processes behind what's occurred in their life I can apply this knowledge and experience by being a better and more understanding nurse in my future. Learning and hearing these men's stories really help provide insight and also empathy. It also reminded me that they're human beings that are kind and caring as well. They just have a mental illness as we learned about last night at aspire. I really enjoyed this group and clinical. I learned how to talk and empathize better. I think this provides a helpful insight for future experiences and conversations that I will have when I'm a nurse.

I utilized therapeutic communication when speaking to a man during a break from group! He asked me some questions and told me about his story! This was great to be able to talk to someone while in the clinical setting. All the men at fire sky Ranch were awesome, very welcoming and kind to us students. I think I established and maintained professionalism by establishing the body language of listening, with open ears while having conversations with any of the men and also while getting to listen to their group. Also, by not getting emotionally provoked, and instead not personalizing some of the stories that I heard.

At the beginning, I was excited, and I think I maintained the excitement throughout. It was very educational, and I was excited to have a new type of clinical experience. The most important emotion I felt was hope, hopeful for these men, hopeful for people in my life that I know probably need help. I just hope from getting to talk to these men and hearing their stories! What stood out to me at fire sky Ranch, was probably how nice it was and how nice the people were, especially the owner!