

# Psych Sim Reflection

After the Sim Lab, I feel fairly confident about providing therapeutic responses to mentally ill patients. I now know what phrases and words to say that will help me listen and sympathize with the patient. This will also help me be a good person for the patient to talk to and have a chance to express their feelings with instead of holding them in. I honestly thought it would be a lot harder doing this sim, but it went pretty smoothly. I think I did a good job providing non-pharmalogical methods to help calm the patient and relax them.

Playing the patient, help me see and think how a patient. Therefore, I can better sympathize and relate with a patient with Post Traumatic Stress Disorder. Now I also know how to help relax and better comfort a patient with the disorder.

After Sim, I feel like I can better use the phrases “I see”, “You seem”, and “Tell me”, when providing great therapeutic communication for all patients regardless of the reason for their admission. I am better prepared and more versatile after sim because of the hands on practice.

This week did not change my mind about mental health because I already knew mental health is a major problem. People often will not get their mental health diagnosed because they do not want to seem crazy or looked at differently. Parents will also say kids are being dramatic or extra and will not believe a kid when they are depressed or anxious. They think the kids are just doing it for attention or to stand out. Which is sometimes the case but not always the case. Therefore, awareness needs to be made that we must believe what the

patient is saying because it can save a life if a child actually does plan on taking his life or others' lives.

With this knowledge, I know patients will do things and maybe harm themselves. I can not judge them on their actions because they are patients and are in because they need help. It is my job to listen to them, believe them, and help them in the best way that I can to get better.