

## Unit 2: Psychiatric Nursing

### ONLINE CONTENT (1H)

Learning Objectives:

- Identify components of nonverbal expression. (3)\*
- Describe therapeutic and nontherapeutic verbal communication techniques. (3)\*
- Describe active listening. (3)\*

\*Course Objectives

Write a one-page journal reflecting on some things that friends or close relatives have told you characterize your style of communicating and relating to others. How can you use this self-awareness to promote the development of therapeutic relationships and communications? Please include types of verbal and nonverbal communication techniques as well as if you are an active listener.

This one-page journal should be single spaced, Calibri or Times New Roman font, and 12 point.

**Place this completed assignment in the Unit 2: Reflection Paper Assignment drop box by June 3, 2024 at 0800.**

*In order to receive full credit (1H class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed class time.*

Based on the feedback received from friends and family regarding my communication style, I feel like I don't have the best communication. It could be improved but I am a very shy person and like to listen people more than I like to talk. I like to keep to myself and live a private life, even from my family. I struggle to communicate personal things. Communication is a part of life, and I could improve in the way I talk to others in my life.

One consistent observation is that I'm seen as a patient communicator and listener. People feel heard and understood when talking with me. By actively listening, I show interest in others' perspectives, validate their feelings, and gain trust and openness in the relationship. This gives a foundation for therapeutic communication, allowing my friends and family to feel safe and supported as they share their thoughts and emotions through stories.

I've been told many times that I have a calm personality, which helps tense situations and promote a sense of calmness during discussions. This aspect of my communication style can be important in therapeutic settings, where patients may experience intense emotions or challenging life circumstances. By maintaining calm and providing reassurance through both verbal and nonverbal cues, I can create a judge-free environment for clients to share their concerns without feeling overwhelmed.

In addition to verbal communication, nonverbal cues also play a significant role in my conversations. I've been informed that my body language often gives approachability, such as maintaining eye contact, nodding in affirmation, and having an open posture. These nonverbal signals combined with my verbal communication, creates an atmosphere of acceptance and validation. This tends to make people feel very comfortable when having conversations. The last thing I want someone to feel when talking to me is judged or uncomfortable. I have felt this way many times in conversations, and it is one of the worst things. It is one of the reasons I tend to keep to myself often.

By demonstrating active listening, maintaining a calm and reassuring demeanor, and using positive nonverbal cues, I can create an environment where patients can grow, heal, and have mutual understanding with me. Continuously including these communication skills will enable me to have deeper connections and support others on their journey towards self-discovery and personal growth. This is very important not only for this semester with patient's but in the world as well. Communication is something a lot of people struggle with, including myself. It has broken apart many relationships and friendships and I feel like it should be talked about more.

Effective communication is the backbone of any relationship, whether personal or professional. It serves as the foundation for understanding, connection, and collaboration. Through communication, individuals convey thoughts, feelings, and ideas. Clear and open communication involves trust and transparency, laying the groundwork for healthy interactions and problem-solving. Communication is required in every stage of life. If you can't effectively communicate with those you see every day, it is going to be very hard to maintain any sort of relationship.

I am currently working on putting myself out there more and learning to communicate better myself. Hopefully throughout this semester I can learn to effectively communicate therapeutically with patients. I hope I can be someone that the patients are able to communicate with easily without feeling judged.

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