

## **Unit 2: Psychiatric Nursing**

I have been through some traumatic things in my life, most of which I do not talk about. Most of these things led me to lose trust in almost everyone around me, besides my mom. Besides my mom, when I say I trust someone, I am not sure that I ever completely do. Besides telling my mom, this has led me to keep a lot of things to myself if she is not around. I have found that this is not a good thing, because then all of my feelings build up inside of me and they then show on my face and by my actions. If I am upset, my mom has mentioned that she can tell by my poor posture and when I have a certain look on my face, and she then knows that something is wrong. This has been going on for a while now, so I do not realize that I am doing it, but it is something that I am trying to work on.

When I think someone is sharing a fascinating story or someone is doing something that I am interested in, I am often told that I am very zoned in and can make some interesting facial expressions while I am staring. I have always been a very observant person who pays attention to a lot of detail, so I can believe that. Sometimes if I see something abnormal, I catch myself or my friends catch me staring for too long and have to snap me out of it before the person gets offended.

The fact that I show how I am feeling on my face has been something that I have been wanting to work on fixing for a while. I want to have a grin on my face when I am just looking around or thinking, instead of a face that shows exactly how I am thinking, which I do not mean to do. I try to be an active listener. When someone is talking to me, I try to give my full attention, as well as sit directly towards who is talking to me and giving the person direct eye contact. These things show that I am there and willing to listen to what they are saying, and I am not distracted by anyone or anything.

I think that I use many therapeutic communication techniques to communicate every day. I often use silence when the person I am talking to is upset and needs time to put their feelings together and just needs someone to listen to them and to get all their emotions out to. When someone does come to me and need to let their emotions out, usually I will follow up with them. I use the therapeutic technique of offering self by telling them that I will spend time with them and then asking how they are doing and what thoughts they are having. When someone is telling me a story or a problem that they are having and they are going through the situation very fast, I will listen to the whole thing and then go back to certain parts to “explore” them and ask them to tell me more about what happened. This helps me understand more in detail what happened so maybe I can help them better. The last type of therapeutic communication technique that I think I use is voicing doubt. My friends often think that someone is judging them or does not think that they are pretty. I often tell them that that is hard to believe or ask them why they feel that way. I also explain to them that it does not matter what anyone else thinks about you, only themselves, and I give them words of encouragement.

Nontherapeutic communication techniques are something that I did not realize that I used until now. I did not know that these things that I was saying were not the best way to respond to people. One of the biggest nontherapeutic communication techniques that I use is giving advice. When people ask me for advice, I also give them my best advice that I think would have the best outcome. Instead of this, I need to work on including them in the decision and asking them what they are thinking about it. Another technique that I think that I use a lot is requesting an explanation. Instead of asking why someone feels a certain way or why they made a certain decision, I could ask what they were feeling during that time. I think that

nontherapeutic communication is something that we all use without realizing there is a better option.