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Reflection Paper

After talking to some people that are close in my life about my communication skills, I have learned that when relating to others, I typically tend to give recognition to those people in efforts to make them feel better. For example, if someone is feeling doubts about themselves, I usually tend to say something positive on their behalf in order to help them acknowledge the good things in their life. This is one of the more positive therapeutic traits I display when communicating with others. I have also gathered from others in my life that in times of need, I often tend to stay with that person in efforts to comfort them. This would be an example of offering self in the therapeutic communication techniques chart shown in our book. I believe that when related to others, this is a great technique to have to make others feel better and seen.

As for one of the more negative communication techniques I use, it seems that I tend to go silent in times that are not the easiest. An example of this is when my grandma passed away, my mom stated that I “shut myself off” to others and “did not express my feelings”. I realize that in times of grief or loss, all people react differently from others. I think that being silent in times that are hard is not necessarily a bad thing, but it is definitely not a great form of therapeutic communication. After talking to others in my life, it seems that I am good at comforting others and have good communication skills, but when it comes to myself and my feelings, I tend to shut down and not want to talk about anything I feel.

Promoting self-awareness is very important when it comes to therapeutic communication. Being self-aware in situations that involves communication is important because it helps you try to understand how others may be feeling. Being able to understand and process your own emotions helps to empathize and feel for others. Self-awareness is an important trait to have in my opinion when being a nurse as well. Empathizing and being able to communicate effectively with patients is a key factor in nursing. A lot of times patients will have certain questions, whether it be about their disease process or even their medications and being able to communicate all the correct information to them and in a professional manner is important, in order to not worry the patient or make them feel like their questions are not important enough to ask.

Effective communication is important in nursing also because it is important to remember that all people are different, whether it be different cultures, language barriers, and some people may even just be more sensitive to others. Therapeutic communication is good for different patients with different cultures and religions, because it is very important to be culturally sensitive towards them and realize that everyone’s ways of communicating is different. For example, maintaining eye contact is important for a lot of people when communicating, as a way of showing that you’re listening, and the other person is being heard. In some cultures, though, eye contact can be seen as disrespectful and can insult that person.

I believe that my ways of communication, according to others in my life demonstrate a good sense of therapeutic communication. Even my negative way of communication can be positive in some cases. Sometimes it is better to be silent in order to show others that you are listening and paying attention to what they are saying. If you are being silent though, it is important to show some form of expression such as smiling if the conversation is about something positive that happened or even nodding your head at the person talking just to show you are comprehending what they are talking to you about. Overall, self-awareness helps to

promote therapeutic and effective communication with others in your life. It is important to be self-aware of your own emotions in order to understand how others may be feeling and understand others different forms of communication.