

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.

When self-reflecting on my communication skills others have made it apparent that my style of communication involves passive communications. I can use self-awareness to promote the development of therapeutic relationships and communications by realizing where I may need to improve such as body language. I can improve my body language by using eye contact, being aware of facial expressions, and keeping a straight posture. I can use self reflection to promote the development of therapeutic relationships and communications by reflecting on my beliefs that could impact the communication with the patient. While self reflecting I think that demonstrating empathy is a part of therapeutic communication that needs improvement on my end. When talking to patients about their problems I have empathy for them but many times my body language and expressions don't correlate to my actual feelings. 1 South is a new environment compared to other floors of the hospital and I seem to be more stressed because of it. Managing stress for patients is just as important as managing your own stress. Often nurses complain of burnout which can lead to lack of empathy towards the patients feelings, and ultimately getting in the way of helping the client. I believe after the first day it won't be as stressful because we'll be more familiar with the area and how to interact with the patients. Most of the stress comes from not knowing how to facilitate the group therapy session. There are many options to choose from for therapy but being unaware of the environment that we'll be hosting the session is making the decision of what to do harder. 1 South will be a good learning experience to grow from by having new situation that we are unfamiliar with. As a Nurse I believe you should at least see what other floors have to deal with because some people can develop a preconceived notion that where they work at is that hardest and can affect a friendly work environment. When communicating with the 1 South patients, having transparent communication will go a long ways. Being truthful related to the therapeutic process and realistic expectations will better help the patients feel comfortable and safe to express their feelings. As student Nurses we must try and have the patients respect so that we can help them with their hard times and in return get to learn from this experience. I would describe myself as an active listener for the fact that when someone is speaking to me that the words they are saying make sense and I can feel how they feel. This has helped to improve my relationships with patients during difficult times. Especially SI patients that I have dealt with in the past, having to sit with them for 12 hours and only being able to sit their and talk to them because they are on such precautions. A couple patients have called back to the hospital to say that they felt much better and had a clearer head after speaking with me. Those are special patients that I won't forget. The process for mental health patients especially with SI are often stuck in the hospital for extended hours because of the difficulty surrounded by getting admitted to a place such as 1 South. Many boxes must be crossed off before being admitted, especially as a child. This can play a role on the patient making them more stressed out by being stuck in a hospital sometimes with restraints on for hours upon hours, not knowing what will happen to them. To help with this you can help answer any questions they may have and ask often if they need anything or want to verbalize their thoughts. Reducing anxiety and stress helps the patient feel less isolated and more secure by reducing their overall agony. Helping patients communicate their feelings and emotions can help lead to self awareness on their part and better understand themselves. It is important for therapeutic communication to have the patient gain trust in order to have a comfortable conversation. Overall, continuing to educate yourself on therapeutic communication and self-

reflecting will help us to better ourselves as not only Nurses but also as a person. I'm excited to see what the 1 South experience with have.