

Unit 2: Psychiatric Nursing

One thing that many people tell me is that I am always smiling when talking or looking at others. While smiling, I always try to make eye contact when talking or listening to someone. I do this to create a connection and to let them know that I am interested in what they are telling me. Along with this, many people know and tell me that they trust me and feel comfortable to communicating what is wrong or something that they may have a hard time sharing with someone else. I think that maintaining confidentiality is very important in building relationships. One of the biggest reasons that I feel I do this is because if I want to tell someone something that I do not want to be shared, I want to be able to trust them. Therefore, I do the same thing for them. I have also been told that I am very genuine. I do my best to be open and honest with everyone that I interact with and give them my best advice if they are asking for it or need it. I try to always be there for anyone who needs me, whether to talk to them or simply just to listen.

When listening to someone, I always try to listen to everything that they have to say before interrupting them with my opinion. This can sometimes be hard, but I feel that they can say everything that they need and want to say if I wait until they are completely finished. Because of these things, I would consider myself an active listener. I often use silence when I am listening to someone to ensure that they are comfortable saying everything that is on their mind. I also offer self while listening to people to let them know that I am interested in what is on their mind and that I do have time to hear what they have to say. Also, I feel that I make observations a lot and then try to focus on how to better fix the problem if the person is willing to do so or listen to my opinion. I try to keep my circle small, but the relationships that I do have I feel are very strong because of the many different types of therapeutic communication and the verbal and nonverbal techniques that I use. I also feel that the people that I am close with and communicate with from day to day use many of the same techniques and communication that I do. I try to make people feel that their feelings are valid. I have had many interactions in my life where I have been communicating with someone and they are constantly interrupting me and telling me that I am wrong or that they feel differently without even letting me finish what I am saying or complete the point that I am trying to get across.

I think that all of these types of communication and nonverbal and verbal techniques are very important for this semester and for becoming a nurse in general. These things help patients open up about what their current needs are and the status of their mental and physical health. If we do not use therapeutic communication, I do not think that would get all the important information out of patients that is necessary to have to provide them with the best care possible. This is essential for providing the best patient care and building a good amount of trust in the nurse patient relationship. Being goal-oriented in therapeutic communication is very important. The goal during this time is to make a change in the patients' life. I think that this is an amazing opportunity to help them grow and learn from what they have been through and what they are going through. I think that this gets easier the more that the patient begins to trust you and they know that you are simply just there to help them and listen to them. As a nurse, it is our job to recognize how a patient is feeling to the best of our ability and then begin making a difference from there. Also, we have to know the best ways to communicate with our patients because these patients are easily triggered and can quickly be reminded of something from their past that might change their mood. I want to continue being a good active listener because that helps makes a difference in patients' lives and that is of my biggest goals.