

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.

Some things that my friends and family have told me that characterize my style of communicating and relating to others is that I am a very talkative person and I am able to start a conversation with anyone. I have a genuine interest in other people that makes casual conversation easy, and I like to ask questions. I enjoy humor and try to incorporate it in most of my conversations, if it is appropriate. Even though I talk a lot, people have told me that I am also a very good listener. I work as a bartender, part-time, while I am in nursing school and I must communicate with people for the entire day while I am working. I have developed great social skills because of my job which took a lot of time.

When I am talking to people, I make sure to make eye contact, which shows that I am engaged in the conversation. I often find myself repeating back what people say to make sure I hear them correctly. This shows the person I am talking to that I am listening and understand what they are telling me. Open body language and a warm tone are also important during the conversations to make the other person feel comfortable.

In nursing this type of therapeutic communication is very important to build a relationship with the patients that makes them feel safe and willing to open up. Many patients are feeling stressed or nervous while they are in the hospital and being open and honest with them while make them feel more comfortable. This will allow them to want to express their concerns as well as help with their own care. Making a patient comfortable in the hospital will promote healing and cause less complications for the patients.

When it comes to the patients speaking, I am aware of things that are not said directly, but show emotion such as body language, tone of voice, or hesitation. These can be signs of how a person is truly feeling even if they communicate in a different way. When I am talking to people I have found that open-ended questions work best to allow the person to open up and engage in the conversation, rather than allowing them to respond with only yes or no. Something I like to ask patients specifically is "Can you tell me more about how you are feeling?". This allows the patient to tell more than just a yes or no response and gives me a better understand on what I can to do give them better care.

Being self-aware of how I communicate helps me understand my own strengths as well as understanding how I can improve in certain areas. I enjoy talking to others and find myself being great at active listening, but I can also recognize that some people are not comfortable

with conversation. With these people I must change my approach and figure out what works for everyone.

Overall, I think that being able to talk to people easily, and being an active listener, will be very important in my nursing career as well as my every day life. Building therapeutic relationships is important and I believe I can truly connect with people through this.

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 2, 2025 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.