

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 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.

As I have been told by my many friends and close relatives, my characterization when communicating is me being an active listener to people as they open up to me. They say it is easy for people to open up to me because I seem to always understand and listen. I can use this to connect with therapeutic relationships because it will let people know that I am an open ear without judgment. They will continue to open up because they know they are being heard and understood in their situation and not feel as if they are rambling on to someone who does not listen. I think it is always important to keep the phone down when there is communication going on because it shows that I'm being attentive to the conversation and the person. I think it is easier to have a conversation to an active listener because they seem as if they are always hearing what you have to say even if they don't say anything back. I am self-aware of me being an active listener so therefore I think it will be easier to connect and conversate with my mental health patients because they don't always want to hear what you're going through or similar situations that you experienced but they just want someone to open up to and vent to. They want to get why they feel certain types of ways off their chest and maybe not feel so alone or maybe even talking about the situation will make them feel a little better mentally. A conversation doesn't always have to be back and forth conversations and a response is not always needed but just the other person being there as someone to actually listen and give any feedback if needed. Personally, as for when I vent to someone I do not always like their feedback but I just wanted to get someone off my chest that has been weighing my mental down overall. To promote my type of communication I always tell someone I may not have much to say but I definitely can be an open ear for you, and I alone have been in situations so there is no judgement from me. I am a very understanding person because I have struggled with depression and anxiety before and I know how it feels to be so alone at times in life. I also been through some heavy situation in life that led to me having mental health problems as well so it not who you are as a person for you to have a mental illness but it just what life brings to you. I'm not a very talkative person and I like to keep my personal life to myself but just letting someone hear some of the issues or feelings that you are currently going through can definitely make things seem a little easier on you and may just lighten you up for a couple of hours. Some verbal techniques I use as an active listener is maybe just replying here and there that I understand or I'm sorry. It is the little remarks after so long of them speaking to let them know you are still listening and that you are understanding what you are being told. Maybe even asking a question about how they feel just to keep them going on the conversation, so it does not reach a dead end. When absolutely nothing verbal is said the conversation can reach a dead end and leave an awkward relationship toward each other, so it is important to say and ask questions when appropriate. But you also don't want to take over the whole conversation with what you have to say because then it makes the other person feel like they can't get what they have to say and then it makes them feel like they are listening to your problems. When dealing with mentally ill patients it is important to find a happy medium in the conversation and you may have to start a conversation with them to make them feel safe to open up but once they start talking about there situations and how they feel it is important to understand now it is your turn to sit and listen to what is being said. Some nonverbal communication techniques that I use during a conversation are eye contact. Not eye contact to where it makes them feel as if I'm staring at them but just to keep my eye every so often on theirs. Locking eye contact and keeping my head level to theirs is very important in letting them know as well that I'm listening. Also here and there giving them a head shake or nodding yes to them to let them know I agree with what they are saying and as well as letting them know I definitely heard what they said. Depending on who you're dealing with and how close you are to a person maybe a touch of the hand to let them know you are here and accepting how they feel is very important. It is very important to know your characteristics in communicating so you know how to approach a person and how to proceed with a conversation.