

# Clinical Journal

Your journal should address issues below. Be 500 words in length. (This is not a formal paper and does not have to be in APA format).

1. Identify your thoughts and feelings about your clinical experience on the clinical unit. Underline your feelings and bold your thoughts.
2. List at least 1 misconception about Mental Health and state whether this misconception is true or false.
3. Discuss 2 therapeutic communication techniques. Define the techniques, how would you implement each? Have you seen the techniques implemented in the clinical setting?
4. Discuss a legal or ethical issue that is going on in the arena of Mental Health nursing. 1) Identify a nursing journal article related to the issue 2) reference the article in APA format 2) State your thoughts, feelings, and concerns about the issue.

I have enjoyed my mental health clinical experience. I was able to follow nurses and mental health techs and get a feel for what they do daily; I was also **mindful of how important their job is**. I felt a little apprehensive at first because I have worked in prison in the past, **thinking it would be like that without security guards**; the reality of the situation is more pleasant than I thought. **One misconception about mental health is that patients are often "crazy" and not in the right mind. Still, I realized that many patients had had traumatic experiences that bring them to have an illness that they have to live with and develop coping skills to manage.** Many patients have been introduced to situations throughout their life that involve abuse and drugs, for example. Two therapeutic techniques that I have used in the clinical setting are reflecting and making observations. Reflecting is restating what the client said back to them in a way for them to ponder; this was beneficial in my interactions with patients who often would confront the issue in a different way when it is reflected to them. Reflecting can build rapport with the patient and build trust while encouraging them to engage further with what they just said. In making observations, it can be helpful to state what you see and try to keep it as objective as possible without being judgmental. In clinical, I made observations to a patient based on what they were communicating to me; if a patient were very adamant about quitting alcohol, I would make an observation like: "you seem to have a clear goal of what you want in life," which would allow the patient to elaborate further or feel encouraged because someone recognized they have a plan. I have seen these implemented in the clinical setting often by social workers in a group setting. I had noticed that using therapeutic communication is helpful, especially when I had to conduct a group session; I would often reflect on what someone was saying or restate it to provoke positive feedback and delve deeper into the group's thoughts. One ethical issue that I would like to delve into is mental health considerations and cultural competency concerning Asian people. Many Asian cultures participate or have cultural affiliations in Buddhism and value family and social standing highly; it can be very upsetting to someone to have a

mental health disorder or illness and can be viewed as a punishment for not participating in ancestor worship or can destroy a family reputation because their blood may be viewed as "tainted" (Smith, 2020). Asians may hold providers and nurses in high esteem and nod in acceptance even if they disagree; this could impair mental healthcare delivery. Asian people may also take herbal supplements while being afraid to tell western healthcare providers and nurses; this can cause interactions with medications being prescribed to the patient. **I have seen some differences in care delivery as my wife is Vietnamese and dealing with western medicine from a different perspective. I feel that my wife is more anxious to receive care by western providers as they are different from what she is used to.**

## Reference

Smith, N. (2020). Asian american patients: Providing culturally competent care to patients with mental health disorders. *Nursing Reference Center Plus*. Published.  
<http://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,sso&db=nup&AN=T904614&site=nup-live&scope=site&custid=s5028310>