

N323 Clinical Journal # 1

Lakeview College of Nursing

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1. Reflect on the overall clinical experience.

Today was the first day of my mental health clinical. My experience was good. I learned a lot about my patient. I got the chance to work with a seventeenth-year old girl. It blew my mind how these teenagers are affected by mental health from past trauma.

2. Discuss how you communicated with the client. What communication techniques did you use? What did you notice about therapeutic communication in this interaction?

I had a friendly conversation with her. At first, when I was talking to her, I used close-ended questions. Eventually, once she got more comfortable, she spoke more and expressed her situation and what brought her here. However, I noticed it was different for everyone, and everyone had a different reason to be at the Pavilion. I met another teenager who did not want to talk much. Therapeutic communication helped me ask questions and build trust with him; eventually, this patient opened up more about why he is there.

3. Discuss what you think you did best during this clinical day.

It was my first day, and I felt confident walking in. I was in the kids/teenager section, and I kept myself engaged with them. I talked to some of them and had a conversation. The kids told me about their day at school and the movie they watched. We played some games together.

4. Discuss what you think you might be able to improve in the future.

Working for the first time in the psychiatric setting, I still have much to learn. After talking to the client, I got more understanding of therapeutic communication. In the future, I will use all the tools to communicate better.

5. While you were interacting with the clients, did you learn anything about yourself?

I did learn a lot from each of the clients. I learned that it is important to have patience and hear them. Many clients have been going through a lot at a very young age, so I think it's important to take the time to talk to them to get to know them more.