

Clinical Journal

The clinical journal is a reflective assignment designed to help you think through your clinical experience. This may reference lecture material as well, but the focus is on your interaction with the client(s) with whom you interacted during clinical. Please address each of the following points with 3-5 sentences. You are not limited to discussing only these points and may write more if you wish. This is not a formal paper and does not have to be in APA format.

1. Reflect on the overall clinical experience.
 - a. My overall experience this time was not as hectic as the previous clinical. This time around patients was mostly calm although there was one who did get agitated. I experienced the nurses using their therapeutic communication to calm down the patient the best they could.
2. Discuss how you communicated with the client. What communication techniques did you use? What did you notice about therapeutic communication in this interaction?
 - a. I communicated with several clients through nonverbal and verbal communication. I used silence as therapeutic communication during their group therapy session and listened to their story. As well as active listening and maintaining eye contact when one patient would be talking directly towards me. I noticed patients like the idea of being heard and listened to since sometimes all they need is for someone to take time out of their day to talk to the clients.
3. Discuss what you think you did best during this clinical day.
 - a. I believe what I did best is listen to the patients and their coping skills. I also did well in observing the patients and watching their actions to see what clients tend to do throughout their day. I noticed some enjoy drawing and others enjoyed conversing with the other patients in the facility and others just tended to stay in their room for most of the clinical hours that I was there.
4. Discuss what you think you might be able to improve in the future.
 - a. I think to improve I will try to be more engaging in group therapy. This time I just observed instead of vocally participating. I believe next time I can use my voice and interact with the patients more.
5. While you were interacting with the clients, did you learn anything about yourself?
 - a. I learned that I could relate to some patients coping skills. When I attended group sessions, I heard about people listening to music and driving around to calm down. I found myself doing the exact same thing when I feel like I need some time for myself.

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