

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.

I was on the adult floor of the pavilion and had a great experience overall. I got to participate with the patients in group therapy, and the therapist had the patients play a jeopardy game which I also participated. When the game was over, the therapist questioned each patient, asking why she had them play jeopardy as part of group therapy. The consensus was that jeopardy was a coping mechanism to help relax the mind. The therapist explained that the point of the game was to help those that have difficulty communicating with others communicate with others because communication is vital in the real world.

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 communicated with some of the patients during the game using communication skills without realizing it. I listened to patients who wanted to talk to me by offering myself and using active listening and reflection to ensure the patients understood that I was listening to them. Therapeutic communication helps people calm down because they feel like they are being heard. I also used open-ended questions. Open-ended questions allowed the patients to direct the flow of the conversation.

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

I need to improve my interviewing abilities. I also need to improve by finding new things I can learn from the nurses during my time at clinical. Apart from the jeopardy game and the second group therapy, little was happening. According to the nurse who was the tech today, discharge gets done before we even arrive at clinical on the adult floor.

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

I think I need to improve my interviewing abilities. I think I also need to improve by finding new things that I can learn from the nurses during my time at clinical. Apart from the jeopardy game and the second group therapy, little was happening. According to the nurse who was the tech today, discharge gets done before we even arrive at clinical on the adult floor.

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

I learned that I could not keep my face from showing my emotions or whatever I was thinking in my head about the patient's statements. I realized that I need to work on restraining my face from making any facial change that shows judgment. I also learned that I am very patient with what people do compare to most people.