

What nontherapeutic communication styles did the nurse use in this scenario? What therapeutic communication styles could the nurse have used instead? In your response, speak directly to the client.

My response:

The nontherapeutic communication style that the nurse used in this scenario is that instead of validating the client's feelings, she made it about herself and talked about her own experience, I noticed that she did not maintain eye contact, and her body language seemed cold and unapproachable. She also made a statement that is a false reassurance. A therapeutic style that the nurse can use in this scenario are active listening, asking relevant questions, using open ended question, recognition, acknowledgement, acceptance and validation of client's feelings.

Reflection:

It is important to not give unsolicited advice even if we think that might help the client. And only share experiences when appropriate.