

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.

Overall, the clinical experience was positive. Although I felt like I knew most of the lecture material, I did learn a few new tips on mental health aids. I enjoyed that Jim and Beth made the lecture interactive, which allowed us to work with people outside of Lakeview

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

The lecture was informal so that we could utilize "everyday vernacular." Jim and Beth had activities that covered therapeutic communication so we could have additional practice. I noticed that the therapeutic communication in this interaction contradicted what we had on our exam. We were told to ask how long this has been going on and for the client to explain their feelings.

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

I did my best by actively participating and interacting with the new faces in the room. Jim conducted an activity that showed what it would feel like to hear voices. I immersed myself in it and saw how overwhelming it is to experience it. That activity was an eye-opener but my favorite.

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

I could have asked for more therapeutic communication examples because now it feels even more confusing on what we should do vs. the NCLEX/ our exams. If I am being transparent, I'm afraid I have to disagree with the NCLEX or our exam's version of therapeutic communication. They do not feel empathetic; it feels like the opposite.

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

From Beth's personal stories, I learned about a few subtle cues to look out for when someone may be suicidal. She taught us we must also be careful with the wordplay they might use. I learned that I was not prepared for mental health aid in that aspect. You're always taught what to

do when the situation is obvious and how to de-escalate. You are not always taught what to do when it is in subtle motion or how to catch it if the signs are not the most obvious.