

Reflection Assignment

NOTICING

Report on two behaviors you saw during the clinical day that might be attributed to symptoms of a mental illness or a side effect of a medication.

1. I saw a patient talking to someone who wasn't present, which is a sign of schizophrenia
2. I saw an anxious patient who was constantly talking to people and walking up and down the halls, she stated that she felt anxious because she "needed a cigarette".

INTERPRETING

What do you think the behaviors you noticed can be attributed to?

1. I think she had schizophrenia, but I couldn't confirm it in the chart.
2. I believe that she felt anxious because she needed a cigarette, but she also is probably withdrawing from a substance because she stated that she was using benzodiazepines and opioid pills before she came in and now, she has nothing.

RESPONDING

What questions might you ask the client to gain more information about the behaviors?
What therapeutic communication techniques could you utilize?

1. I can ask the client who she is talking to? I could use open ended questions, restating, exploring, and presenting reality if appropriate.
2. I can use active listening for this client and recognizing that the client seems anxious and explore more about why she is feeling anxious and positive coping skills she is using and can use in the future.

Reflecting

What is something you learned during the clinical experience? What might you do differently next time you are at clinical pertaining to client interaction?

1. I learned that some clients are very bored on the unit, and many have been to similar units in the past. It may be more helpful for me to talk with more clients about what their past experiences have been and how their current hospitalization is different and how to move on from this experience for the future. I would like to review therapeutic communication techniques before next clinical as a refresher.