

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 woman talking to herself and looking at a chair as if someone was sitting there. There was no one sitting in the chair and she got up and told the “person” she would be right back.
2. Another behavior I saw while at clinical was that one guy avoided eye contact and conversations with us while we were there.

INTERPRETING

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

1. The first behavior can be attributed to the fact that she is seeing hallucinations and can be connected to her mental illness or medications she is on. It also shows us that this could affect her everyday life by seeing things that are not really there.
2. This second behavior can show that he might be embarrassed to talk to us about his reasoning for being there. It can also show that he did not have any interest in talking about it by avoiding conversation and eye contact. I feel as if he did not want to talk to us because he noticed we were new there.

RESPONDING

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

Some questions that would be good to ask these patients to get more in depth on their behavior would be about symptoms they are having, goals they want to accomplish, stress, and relationships/ support systems. There are some that can be sensitive subjects for them and can give you a better understanding of how they feel about it. Their behavior such as getting mad or sad about something can show that it is very sensitive to them.

Ways that we can have therapeutic communication with them is by asking open-ended questions, actively listening, and using non-verbal communication. Asking open-ended questions can help the conversation get more in depth than just a simple yes or no answer. Actively listening can show them that we care and are hearing them, this could make the patient feel more comfortable when speaking to us. Non-verbal communication is a big factor, we can use this to assess how the patient is feeling by the faces they make when talking to us. It is also important for us to be aware of our facial expressions to make sure we don't make the patient feel like we are judging them or thinking negatively about what they are saying.

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?

Something I learned during the clinical experience was that just sitting down and talking with someone can make their day. It can also help them feel better and put a smile on their face. Something that I might do differently is try to get more in depth in conversations with the patients. I would say I was a little timid and nervous to say or ask the wrong thing.