

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. There was a young woman that would continuously talk to “another person” that was next to her even though there was no one present.
2. There was a woman who continued to pace all day. She was very restless and also in certain conversations would get emotional.

INTERPRETING

What do you think the behaviors you noticed can attributed?

1. This woman’s behavior could affect her everyday life by having hallucinations. The hallucinations can affect her interactions with others.
2. The medications can be affecting her behavior because she is very restless and can’t seem to stay in one spot very long. This can make her even more anxious if she is constantly worrying about something. She was very eager about when she was leaving and asked the same questions continuously. This behavior could also make others think she may not be ready to enter back in the outside world.

RESPONDING

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

1. How would you describe how you are feeling?
2. How do you cope with your emotions?
3. What kind of things make you feel better?
4. What is your first thought when you are feeling out of control, or your emotions come up?

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 it is not always recognizable what someone may be experiencing. It was also very apparent to me that sometimes the little things like playing a game with the ones that seem to feel down can brighten their day. I also learned that mental illness is important and to use active listening, they are appreciative for that.
2. Something I would do differently would be to ask better questions to the clients when trying to learn more about them and how they are feeling. Also getting used to asking questions that could be hard and uncomfortable to understand why they may be here.