

Pavilion Reflection

1. What was the most challenging interaction or situation you encountered today, and how did you handle it? If faced with a similar situation in the future, what might you do differently?

- I did not have any difficult interactions with anyone while at the Pavillion. Everyone, from the staff to the clients, was nice and open to communicate about anything and everything.

2. How did your communication style affect your interactions with clients today? Were there moments where you could have adjusted your approach to be more effective or therapeutic?

- Upon introduction to the clients, I had to be mindful of how they may be feeling this morning. I let them set the tone and I followed suit. I did not want to come in too bright, shiny, and loud when they may have woken up in a funk. I would have loved to be more interactive during groups, however I did not know if I should join in or just observe.

3. What emotions did you experience during your clinical experience, and how did those emotions impact your ability to interact with clients and staff? How can you better manage these emotions in future clinical experiences?

- I did not expect to have as many emotions as I had. I started off nervous because I did not know what I was walking into. I thought I was going to experience a psych ward how it's portrayed in movies. But once I sat and understood that these clients were in crisis, I felt sad for them. I wish I knew everyone's story just to be able to empathize with them but the fact that they were away from family/friends, work, and some were homeless sort of made me sad for them.