

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?

The most challenging interaction I encountered was when I was interviewing my patient for the care plan. When we were discussing any abuse she had gone through, I found it difficult to find the right words to respond with. Although the patient did not seem disturbed or upset when talking about the subject, I still knew it was a sensitive topic. I found myself hesitating with a response and I was nervous of saying the wrong thing. If faced with a similar situation in the future, I will formulate a response quicker. For example, after the conversation I talked with a classmate. They said in situations like these it is okay to respond by saying "I am sorry that happened to you" or "I am sorry you were put through that". Now that I have a better understanding of how to reply in situations like these, I feel I will not hesitate with giving my patient a response.

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?

Other than the instance with the conversation of my patient's abuse, I feel I did good with being able to have effective communication and with being therapeutic. One instance I am proud of myself for is noticing her non-verbal cues brought on by her anxiety. I noticed she would rock back and forth faster when the room would get

louder. After noticing this, I offered to move somewhere quieter, which she was happy with. Once we were in a quieter space, she wasn't rocking nearly as much as she was before and I could tell she was a lot calmer. In fact, she even started talking more. This made me feel good that I was able to catch on to her body language and was able to make it to where she felt more comfortable in that situation.

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 found myself with mixed emotions during my clinical experience. However, I was able to keep those from affecting my ability to interact with the patients. Some examples of this are that I felt saddened when she talked about when she was sexually abused, but I felt happy when she told me talking with her helped her and made her happier. When it comes to talking with clients, what emotions I feel should not get in the way of making sure they are getting the best care they can. To be able to help someone just by talking to them has shown me not to be so scared when talking to patients. I am not the most outgoing person, and I am often quiet around those I do not know. I feel myself getting anxious when I know I have to talk to someone I've never met. However, this clinical experience has shown me that the interactions I was able to have because I got over my anxiety is worth stepping out of my comfort zone for.