

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 hardest part for me was seeing the kids who are BMN and not being able to cuddle them or comfort them the way I normally would with a child that age. It was also difficult when one of the young ladies asked to speak with me when we were going on lunch, but by the time they got back from school, we only had a few minutes to talk before we left for the day. Next time, I may try to go to lunch later to be able to talk to her.

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? I feel like I am comfortable and used to talking with teens and children. It was pretty natural and easy to just carry on a conversation. I could really use practice with an assessment. I didn't feel like that was very therapeutic and seemed more as a checklist when we went to do the actual interview. I gained a lot of information through the conversation, but the actual interview was harder for me.

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 both floors incredibly sad, the peds more so than the adults. But to see people struggle like they were kinda broke my heart. I noticed the adults rarely made eye contact and were very distant for the most part. There seemed to be a strong lack of confidence/self-esteem on both floors. If we are being completely honest, the adult side made me a little fearful. It wasn't really anything the patients did, but more of a personal thing for me. The one guy came up behind me and that did startle me, but it really comes down to my own life experiences causing me to be incredibly guarded and fearful. I think part of this is because things have been "flaring up" lately, so I'm not sleeping and on edge again. If he'd ever actually stay gone and no contact, with time and more healing, I hope I will be very different in these situations.