

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?

Today I was challenged with how to respond to a client who was struggling to accept the reality of their situation. I was unsure of what to say to the client or how to proceed so I made a vague uplifting statement and moved on. In the future I would seek guidance from someone with more experience on how to be of more help to a struggling client.

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?

My communication style with clients is rudimentary at best and I would like to increase my level of therapeutic communication as whole so that I can be more effective.

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 experienced a lot of frustration about how mental health patients are treated in the healthcare system today. I do not believe that they are usually treated with the respect and patience that they deserve. I do acknowledge that a

lot of this comes from a lack of staff and resources, but I do think that the available staff would benefit from more adequate training.