

THERAPEUTIC COMMUNICATION ASSIGNMENT

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The purpose of this therapeutic communication assignment is to assess how we, as students, interact with mentally ill patients. As nurses, we are to establish trust with our patients and work with them to meet their goals. This is no different for mental health nursing. For my part of the assignment, I acted as the nurse, and my partner was the patient. Initially, I was nervous, but I believe that was because I knew I was being recorded. When placed in the setting, I'm a little nervous, but that goes away once I meet the patient.

To start, I introduced myself to the patient and greeted her with a smile and handshake. I smiled because that can create a level of comfort and let the patient know I am happy to be helping them. I asked the patient, "What brings you in today?" She stated that she could not control her emotions. I noticed that I was nodding a lot and repetitively saying, "Okay." I was not sure exactly what to say so, "okay" was my safe zone. After about a minute and a half, I found myself not knowing how to respond to the patient, and I started smiling, followed by a laugh. I know that I laughed because the patient was my friend. I would not do that in front of a real patient. However, I do believe that I would smile if I were in an uncomfortable situation.

Overall, this assignment was beneficial because I was able to see how I can come across to my patient on camera. I know that I am very good at controlling the words that come out of my mouth. I was able to speak clearly and build a rapport with my patient quickly. However, I have to work on controlling my facial expressions. If I feel surprised, shocked, sad, or happy, I

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can hold my words, but I have trouble not showing it nonverbally. I plan to continue working on myself, and now that I am aware of the things I can improve ... I will!