

Therapeutic Communication Assignment

Beginning this activity, I introduced myself and was sitting about six feet apart from the client, providing a comfortable interaction. As I was asking questions, I found it challenging to think of the content appropriate to ask the client. The nonverbal communication and use of silence were challenging to express throughout the interaction. As the process went on, it came more natural to use more silence and nonverbal communication to let the client open up. It was easier to guide the communication process as the interaction was occurring than the initial beginning. I found myself to be accepting of the client's statements. I let the client use the broad opening so that I could get a feel for if they were open to taking the initiative. I will have to say the conversation stayed focused throughout the interaction.

After watching my video, I realized I lacked a lot of therapeutic communication techniques. I failed to use encouraging expressions and restating of the client's ideas expressed. Reflecting on the interaction, I should have used restating in the interaction because it lets the client know that the interviewer understands their communicated idea. I noticed in the video that my voice cues were of voicing some doubt, I think seeing this in a video put into play of my communication skills with the client. I think I doubted myself as I was asking the questions and the client.

In conclusion, I found this activity interaction to be very beneficial to myself in the upcoming stages of nursing. Communication is indeed a broad spectrum when covering not only nursing and patient interaction, but as well as a nurse with the client's family, nurse to nurse, and nurse to providers. The activity was eye-opening for me. I plan to continue to work on my communication techniques as I continue in my schooling and onto my career.