

Therapeutic Communication Assignment:

Role playing

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In the video that I took pretending to be the nurse I saw many therapeutic and non therapeutic things I did. I started off by sitting level with my patient and introducing myself. My patient then said nothing so I asked her what had brought her in today. My patient then said “I want to scratch peoples eyes out”. After she said that I laughed in the video which is non therapeutic. As a nurse we should never laugh or make a patient feel judged. I then asked her if she was still feeling that way right now. My patient responded with “I want to scratch your eyes out”. At this point I said okay, do you feel like you are going to hurt me right now? My patient then responded with “no I don’t want to but I am thinking about it”. At this point I was showing therapeutic communication by actively listening to my patient. I then asked her if there was something I was doing that was triggering her. My patient did not respond but I used the therapeutic technique silence to let her have time to think about her response. My patient then continued on to tell me what was triggering her with me and other people. Silence is a great therapeutic technique to use when assessing a mental health client. Some non therapeutic communication I did was having my legs and arms crossed. I did not even realize I had my arms crossed until watching the video. After watching the video, I realized that having my arms crossed can come off aggressive or judgmental. I now know that I need to be more cautious about my arm placement. I did notice that I kept great eye contact throughout the whole conversation and actively listened to my client. Something that I could have done to build more trust would have been not to laugh. Laughing at a client can immediately make them feel judged and uncomfortable. Another therapeutic technique I could have used was saying I can see that you are upset right now, would you want to tell me about it? That statement shows that I acknowledge the patients feelings and is also an open ended question to gain further information.