

A. The therapeutic technique is touch.

B. This therapeutic technique can be used in many different ways. The nurse should always observe clients for clues that will indicate whether or not touch is desired. I would implement the touch technique when greeting someone with a handshake or comforting a client who may have just received bad news. It can also be used to comfort clients during their time of need.

Touch is a technique that is considered to be both therapeutic and comforting. I would implement touch by making my clients feel comfortable and welcomed.

C. During my clinical experience, I have seen touch implemented in the clinical setting. When a patient was upset about something staff members would talk calmly to them while maybe rubbing the person's shoulder to help them calm down and let them know someone is there to listen. I have seen handshakes used often during greeting and departures. I have seen clients give each other hi-fives, pats on the back, and handshakes, these are different ways to demonstrate the touch technique.

A. Reflecting

B. I would use reflecting to help with guiding the client's thoughts and actions and feelings back to the client. I would reflect on the information that was given to me by the client. This will also allow the client to know I am actively listening to show them I am concentrating exclusively on what they are saying. I would want to make sure my clients can recognize and accept their feelings. I will be sure to let the client know I value their views and opinions.

C. I have seen the technique reflecting implemented in the clinical setting. During groups, I have seen the MHT use reflection after a client has shared something. Using reflection shows the client the MHT was listening and understood what they were saying. I had also seen this used when a client was telling someone the story about why they were admitted. The person listening used reflection when reflecting on what the client told them. This made the patient feel important because someone cared enough to listen to them and understand what they were saying.