

Kayley Sollers

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Therapeutic Communication Techniques

Therapeutic communication is an interpersonal interaction between the nurse and client. Therapeutic communication techniques help provide support to the client from the nurse. Some examples of therapeutic communication techniques are active listening, silence, focusing, the use of open-ended questions, clarification, exploring, paraphrasing, restating, reflection, summarizing, and many more. The nurse-client relationship needs to establish a therapeutic relationship. The use of therapeutic communication techniques is sufficient to gain the respect of boundaries within the relationship and privacy.

Implementing the techniques of therapeutic communication will be the base in establishing a professional relationship with a client. I would begin the techniques as soon as the client gets admitted. Providing the client with a sense of privacy and respecting their boundaries. One of the nurses explained to a classmate and me that it is crucial to give a piece of yourself sometimes to get the client to open up. Those words of advice hit close to home and made me think I would want to know someone if I had to explain my history with the nurse.

I have seen therapeutic communication techniques implemented in the clinical setting. Applying therapeutic communication is so essential when gaining a client's trust in opening up to the nurse. During our clinicals at the Pavillion, I have not been able to see the nurses interact

much with the client's because they are busy with admissions and assessments. But the techs do their best to implement therapeutic communication techniques. Therapeutic communication is critical in the nursing field, and I hope to learn more about the different techniques in my future of nursing.