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Journal 2:

Therapeutic Communication

Using silence is a method of therapeutic communication which gives the nurse and the patient time to think through a situation to think over it or to get a pause before going on a situation.

The way to practice it is simply staying quiet and calm and letting the other person start and guide the topic of the conversation without interrupting them or giving opinions.

I haven't seen this implemented in the clinical setting at the Pavilion but I have seen it before at private psych doctors practice.

Giving broad openings is about asking open ended questions, that allow to elaborate on topics rather than answering yes or no.

The way to implement it is avoiding yes or no questions and asking open ended questions like, could you tell me what happened next?, How did that make you feel?, etc.

I did see this implemented in the clinical setting; not only at mental health but in general. It allows to gather a better idea of what is going on with the patient.