

Hannah Winn Journal Two

1) Two therapeutic communication techniques are silence and restating. I feel as if silence gives the client plenty of time to gather their thoughts, as well as giving them reassurance that you are there to spend time with them and that you truly want to get to know them along with their feelings. Restating is a way of continuing the conversation in my opinion. It encourages clients to say more about the situation. For example, if the client states, "I can't sleep. I stay up all night." The nurse responds, "You are having difficulty sleeping?"

2) Definitions of these techniques and how to implement them into nursing care:

Silence: allowing time for meaningful reflection. I would implement silence in emotional situations with the patient.

Restating: Uses the client's direct words. If a client were to say, "My job is too difficult, my family is stupid, and I have no friends, I would be better off being alive." As the nurse, I would respond by restating, "You have thoughts about not being alive. Tell me a little more about that." By doing this, I will gain further information on how high of a risk suicide would be for this patient.

3) I have seen these techniques used in the clinical setting. Therapeutic communication isn't only used in behavioral health, it's used in every single department. It is our job as nurses to let the clients know that they can speak to us while keeping confidentiality. I've been in three different clinical settings now and I've seen many nurses implement therapeutic communication within their care giving. In behavioral health, I've seen the nurses as well as my clinical instructor use silence during the group sessions at the end of the day. It's important not to rush them and to let them say everything that they would like to say about how they are doing with their goals.