

Journal One ---1) Identify your thoughts and feelings about your first clinical experience on the clinical unit. Underline your feelings and **bold your thoughts**.

2) List at least 1 misconception about Mental Health and state whether this misconception is true or false. 3) Explain at least one thing you are interested in seeing or learning in this clinical.

1. I was very anxious, nervous, and excited for my first clinical experience. I was **unsure what to expect**, but was **interested in seeing and observing** workers and patients in the mental health setting. After being shown around the facility, I was more comfortable in my setting and eager to learn as much as possible. It was interesting to see the different illnesses all the clients had; not one person was experiencing the same thing. I was **expecting clients to be very hostile, combative, or unable to really express themselves**, but I was pleasantly surprised how the clients conducted themselves in the environment. There were some situations where I felt empathy for the clients that expressed themselves more. There was one client that stood out, because she expressed negative feelings about herself because her parents had told her negative statements that she started to believe them herself. I **did not understand** how her own parents are the ones that were the root to her depression; **they should be her support system**. There was another client that put up a front on not having any problems, but once we looked at charts there were statements about his home life problems and how he was really depressed. It made me sad that he felt the need to hide what he was truly feeling, rather than expressing the truth. I was surprised how little the nurses interacted with the clients. The only time I saw a nurse on the floor was when she was handing out medications. It was nice to see how all the clients had formed a bond with each other; **I believe this helps them cope better with the situation they are in, and lead to a better recovery**. Overall, I was happy with my first clinical experience, and am **looking forward** to see what else I will be able to experience there this semester.

2. One misconception of Mental Health is that it is a sign of weakness in certain cultures. This misconception is false. It takes strength and courage for someone to admit they need and seek help. It is not easy to be seen as "different" for having a mental illness, so it is very admirable for an individual to admit or seek help before harm is done to themselves or others.

3. I am interested in talking to clients and listening what they are going through from their point of view. Mental illness has always seemed very interesting to me --

the brain is such a mystery, that when there are new discoveries on how or why someone is experiencing something it is such a great learning experience. It is easy to think you may know why someone is acting a certain way, but until you sit down and talk to the person you cannot know what is the reasoning for their actions. One can read about mental illness all day, but textbook world is different from the real world, so I am eager and ready for the experience.