

Using silence and offering one's self are two therapeutic communication techniques. Using silence involves being silent to allow the patient to consider their thoughts and what they would like to say. If a patient received some difficult news or if they were dealing with an issue that they were debating about whether to share, those would be times silence may be useful. Offering of self is making yourself available to the patient to show that you care about them. The nurse could offer to spend time with a patient that is sitting alone, pacing, or feeling down. I saw the group leader use silence during the group session, but I haven't seen many examples of offering of self.