

REFLECTION

What action steps can you take to identify any biases you currently hold?

Self-reflection would be the first step in taking action to discover any biases I may now hold. This is a crucial phase in which you consider your history, life experiences, and cultural upbringing. You may feel provoked during this process, which is an opportunity to think back on instances in which you felt uneasy or responded forcefully and investigate the causes. Seeking feedback from friends and colleagues and engaging in peer supervision where cases are discussed would also be beneficial in identifying biases. The more you expose yourself to diverse scenarios, the more you will learn about yourself.

What action steps can you take to prevent any bias from impacting your goal of establishing a therapeutic relationship with your clients?

It's critical to develop awareness by consistently recognizing and keeping an eye on your thoughts and feelings when interacting with clients to avoid prejudice interfering with your objective of building a therapeutic relationship. I will practice active listening before I speak to completely understand the patient's entire thinking process and be able to reply with strategic empathy. Patients feel heard and have confidence in you when you can imagine themselves in their position. Finally, make sure you understand all the patients said and that there are no more issues to address by summarizing what they said. Reduce the impact of personal biases by using evidence-based procedures and organized interviews. Keep up with the most recent findings regarding prejudice and how it affects therapy. Continue your professional development to improve your ability to work with a variety of demographics. Displaying materials that are inclusive and culturally varied will help you create a practice environment that is friendly and appreciative of the backgrounds of all your patients. By taking these proactive measures, you may lessen the influence of your prejudices and create a therapeutic setting that supports the development and healing of every client.

DISCUSSION

- A. Provide one example of how therapeutic communication techniques differ between nurses and psychiatric mental health practitioners (PMHNPs).

Even though both nurses and PMHNPs use therapeutic communication, the implementation and focus of these approaches may vary depending on their roles and responsibilities. Nurses commonly use these strategies to reassure and inform patients, but PMHNPs use them as their primary diagnostic and treatment tool. To help a patient comprehend their planned visits for treatment coordination, for instance, a nurse may employ therapeutic communication. "I understand that managing multiple appointments can be challenging," the nurse might say. Together, let's review your schedule to make sure everything is in order. To assist a patient in exploring their feelings over a recent life experience, a PMHNP may employ therapeutic communication. "You seem to have been feeling overburdened since your recent divorce and divided custody with your children," the PMHNP might indicate. Could you elaborate on your experiences for me?