**Therapeutic Communication Assignment**

**Objective:  
This assignment is designed to enhance your understanding and application of therapeutic communication techniques while interacting with patients in a mental health setting. You will reflect on your interactions in the milieu and analyze how therapeutic communication can support patient well-being and rapport.**

**Interaction in the Milieu:**

**During your shift, intentionally apply at least three therapeutic communication techniques in your conversations with patients. You may engage in casual conversation, supportive dialogue, or active listening as the situation allows. Focus on specific moments in your interaction where you used therapeutic communication intentionally to build rapport or provide emotional support.**

**In your reflection, be sure to include the following:**

* **What communication techniques did you use? Why did you choose these specific approaches?**
* **Describe the conversation in detail. What did the patient say, and how did you respond? Provide a few lines of dialogue to capture the exchange.**
* **How did your words and actions affect the patient? Did you notice a change in their mood, engagement, or willingness to open up?**

**Post-Interaction Reflection:  
Reflect deeply on your interaction(s) with the patient(s), focusing on how your communication techniques influenced the outcome of the conversation. Respond to the following prompts in detail:**

* **Describe one or two interactions where you applied therapeutic communication. What was the context of the interaction (e.g., setting, patient's mood)?**
* **What specific communication techniques did you use? How did the patient initially react, and how did the conversation evolve?**
* **Share any challenges you faced during the conversation. Were there moments of silence, resistance, or withdrawal from the patient? How did you address these challenges, or what would you change in future interactions?**
* **How did practicing therapeutic communication affect your comfort and confidence? Did you feel that you connected with the patient, and if so, how?**

**Be specific in your answers by including details of what was said, the tone used, and the patient's reaction.**

**Case study:**  
In 1-2 paragraphs, address the following:

* Based on the patient's diagnosis, what considerations should you keep in mind when engaging with him or her?
* How would you respond to this patient using therapeutic communication techniques? What would you say, and how would you tailor your approach to address his or her specific mental health condition?
* Provide a rationale for your chosen communication approach, explaining how it aligns with the patient's diagnosis and therapeutic needs.