

1. Describe how learning in this course will help you achieve Program Outcome 2: Create a caring environment for achieving quality health outcomes.

In this course, I learned how to create a caring and therapeutic environment. Effective communication is a key component in creating a caring environment. I learned that communication can also be established by nonverbal cues. In mental health, nonverbal cues will be the only communication you have to diagnosis and treat patients, especially patients that are catatonic. Mindfulness of nonverbal communication will allow me, as a PMHNP, to better understand my patients. This understanding may come in the form of obtaining more information than is verbally volunteered, distinguishing deception from truths, and achieving better diagnostic clarity(Frank et al., 2020). These insights can be gained from observing the patient by using the assessment tools I learned in this course.

2. Describe how course assignments or activities will help you achieve ONE of the advanced-level nursing education competencies from AACN Essentials Domain 1 listed below.

- 1.2 Apply theory and research-based knowledge from nursing, the arts, humanities, and other sciences.
 - 1.2f Synthesize knowledge from nursing and other disciplines to inform education, practice, and research.
 - 1.2g Apply a systematic and defensible approach to nursing practice decisions.
 - 1.2h Employ ethical decision-making to assess, intervene, and evaluate nursing care.
 - 1.2i Demonstrate socially responsible leadership.
 - 1.2j Translate theories from nursing and other disciplines to practice.

Week 3 discussion post allowed me to further my understanding of competency 1.2. I was able to verbalize my understanding of therapeutic communication. I was able to discuss the importance of the component in relation to the overall goal of a therapeutic alliance. During this discussion post, I was able to discuss with other students the pitfalls to avoid when establishing therapeutic alliances.

3. Describe how course assignments or activities will help you achieve ONE NONPF Core Competency from NP Domain 1.3 listed below.

1.
 - NP 1.3f: Demonstrate clinical judgment using a systematic approach to inform, improve, and advance NP practice processes and outcomes.

The mental status examination is the objective quantity of any comprehensive psychiatric assessment and has significant diagnostic and treatment implications. This includes components such as a patient's baseline general appearance and behavior, affect, eye