

**Week 8 Reflection on Learning
Chamberlain University
Course Number- NR 605**

Describe how learning in this course helped you to meet Program Outcome 2: Create a caring environment for achieving quality health outcomes. (Care-Focused). Provide at least two specific examples.

The "Diagnostic Management in Psychiatric Mental Health Across the Lifespan Practicum" course has opened my eyes to many things. I have gained so much knowledge to prepare me for my future practice. Below are two examples of what this course has taught me

Building Therapeutic Relationships: I learned the importance of establishing strong therapeutic relationships with patients throughout the practicum. I created a safe space where patients felt comfortable sharing their thoughts and feelings by actively listening and demonstrating empathy during assessments and interventions. For instance, while working with an adolescent patient struggling with anxiety, I utilized techniques learned in the course, such as mirroring body language, using open-ended questions, and showing genuine interest in their experiences to build rapport. This patient expressed that feeling understood and validated significantly impacted their willingness to participate in therapy. As a result, the patient showed improved engagement in treatment, leading to better health outcomes. This approach allowed patients to express their fears and concerns and helped them feel valued and understood. Research indicates that solid therapeutic relationships can significantly improve patient outcomes, including satisfaction and adherence to treatment (Bambling et al., 2020).

Culturally Competent Care: The practicum underscored the significance of understanding and respecting cultural differences in mental health care. Working with a diverse patient population, I learned to adapt my approach