Personal and Professional Identity

- Influenced by one’s self view
  - Attitudes, values, expectations and beliefs

Personal and Professional Identity - continued

- Self-awareness and self-reflection are critical to effective, compassionate psychiatric care
  - Must examine, feelings, thoughts, and behaviors
Personal Integration and the Psychiatric-Mental Health Nurse

- How do you know your self? How do you separate your identity from others?
- Developing comfort with behavior and values outside the social norm

Personal Integration and the Psychiatric-Mental Health Nurse - continued

- Developing detached concern
- Creating a common ground

Figure 3.1 Self-awareness of feelings. Superficial feelings are visible; deeper feelings are submerged.
Personal Integration: Managing the Affective Self

- Self-awareness of all levels of feelings
- Exploration and understanding of dominant emotional themes
- Recognition and acceptance of one’s own feelings without judgment
- Recognizing and challenging one’s dogmatically held beliefs

Qualities of Effective Psychiatric-Mental Health Nursing

- Self-awareness
- Personal integration
- Moral integrity

Qualities of Effective Psychiatric-Mental Health Nursing - continued

- Respect
- Availability
- Spontaneity
- Hope
- Acceptance
- Sensitivity
- Vision
- Accountability
- Advocacy
- Spirituality
- Empathy
- Critical thinking
- Self-Disclosure
Four Models of Helping Based on Blame and Control

- Assumptions about personal responsibility are key

Figure 3.2 Four models of helping based on the issues of blame and control.

Sociocultural Influences and Psychiatric-Mental Health Nursing

- Cultural and social class differences
- Sociocultural heritage
  - Beliefs, values, attitudes, and behavior
- Potential for misdiagnosis:
  - Importance of obtaining a cultural profile
Maintaining Empathic Abilities

- Definition of empathy
- Relationship to personal integration
- Challenges to developing and maintaining empathy

Respect and the Psychiatric-Mental Health Nurse

- Accountability for one’s behaviors and actions in stressful situations
- Conveying messages of respect
- Preserving the dignity and self-worth of another

Taking Care of the Self

- Developing and practicing assertiveness
- Seeking solitude
- Maintaining physical health
- Attending to internal signals of stress
The Problem of Burnout

- Working with intensely troubled people
- Caring and burnout
- Cues to burnout
- Reducing burnout

Resources

- http://www.xculture.org
  The mission of the Cross Cultural Health Care Program is to serve as a bridge between communities and health care institutions to ensure full access to quality health care that is culturally and linguistically appropriate.
- http://www11.georgetown.edu/research/gucchd/nccc/index.html
  The National Center for Cultural Competence is dedicated to increasing the capacity of health and mental health programs to design, implement, and evaluate culturally and linguistically competent delivery systems.

Resources - continued

- http://www.ispn-psych.org
  The International Society of Psychiatric-Mental Health Nurses (ISPN) is dedicated to uniting and strengthening the practice of psychiatric-mental health nursing, influencing mental health policy, and advocating for effective care and treatment for individuals, families, and communities.