

REVIEW PAPER

Self-Awareness as a Therapeutic Tool for Nurse/Client Relationship

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Abstract

Introduction: Self-awareness is a process of objective examination of oneself and is one of the important components in nurse-client relationship. Self-awareness is considered as an important tool to develop a therapeutic relationship with patients for therapeutic healing.

Objectives: The purpose of this paper was to review the literature to explore an in-depth understanding of the concept self-awareness and how it influences nurse client relationship. The paper further emphasized on the importance and how self-awareness can be developed.

Method: A comprehensive literature search was performed using specific keywords. Main focus of the literature search was about self-awareness and its relation with nursing care and therapeutic relationship in nursing. Literature mostly published in past 10 years was included, with exception to few landmark literatures in the field. In addition Johari Window was integrated as framework to understand the concept in a practical way.

Results: The review literature showed that self-awareness is an ongoing process and needs conscious efforts. It is important for nurses to know themselves well and it ultimately helps them to build a therapeutic environment of caring and healing. The paper further emphasized on the importance of self-awareness in professional life and also developed an in-depth analysis on how self-awareness can be developed. Many practical strategies were highlighted in the paper to develop self-awareness at individual and professional level.

Conclusion: In conclusion, self-awareness is considered as the therapeutic tool for nurse client relationship. The more the nurse will be self-aware the more a therapeutic environment for caring will be enhanced. Therefore, it is recommended that nursing curricula should include some aspects on development of self-awareness. There should also be some opportunity for professional nurses whereby they can get help and guidance to learn about self as a continuous learning process.

Key Words: Self-awareness, Therapeutic Relationship, Communication, Johari window and self-awareness, self-reflection. Nurse/client relationship