



Therapeutic Relationship

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Introduction

The process of therapeutic relationship nurse patient relationship is the basic requirement of nursing. The helping hand in relationship in nursing is explained as an interpersonal process among individual, in which, a nurse emphasize the personal development or growth of a person, the patient. The important thing to know is that the Therapeutic relationship is different from social relationship.

Definition

Kapoor, Bimla (1994) [1] in her book on 'Psychiatric Nursing' defined nurse-patient relationship as follows: "Nurse-patient relationship is an interaction process between two persons in which nurse fulfils her his role by using her his professional knowledge and skills in such a way that she is able to help the patient physically, socially and emotionally".

Difference between therapeutic and social relationship

	Therapeutic Relationship	Social Relationship
Purpose	Facilitate client's well-being and growth	Companionship, friendship, emotional support
Boundaries	Clearly defined and maintained	Flexible, can change over time
Power Dynamics	Therapist has more power	Balanced
Duration	Set duration	Indefinite

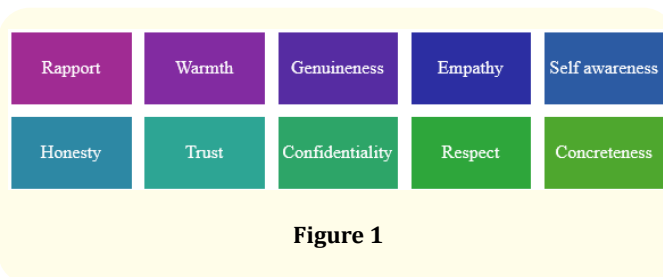
Table 1

Goals of nurse patient relationship

- The nurse helps the patient to manage with the current issues
- The nurse helps the patient to know his impact of the issues
- The nurse helps the patient to understand his proactive participation in an patient's experience
- The nurse assists the patient to notify the arising issues realistically
- The nurse helps the patient to find out an another option to solve his/her problem

- The nurse helps the patient to opt and familiarize with new ways of behavior
- The nurse helps the patient to communicate
- The nurse helps the patient socialize
- The nurse helps the patient to develop insight of one's illness

Factors affecting therapeutic relationship



Phases of Nurse – Patient relationship

Kapoor, Bimla (1994) has listed four phases of nurse patient relationship which are explained below while describing the phases she has discussed the tasks of each phase and the difficulties encountered by the nurse and how to overcome the difficulties.

Pre – interaction phase

Pre-interaction phase starts when a nurse is assigned to a patient with psychiatric disorder till she meets the patient for the first time. The period is known as pre-interactions phase. During this phase the nurse may not be interested to move to the patient side due to anxiety. The nurse slows down in her office or involve in some other tasks which avoids to meet the patient. The nurse may plans to know how to initiate the conversation with the patient after going through the case sheets and patient records.

Introductory/Orientation phase

This phase initiates by the moment in which a nurse meet the patient. It is called an introduction or orientation phase. In this phase the nurse introduces herself himself and gets acclimatize with the patient as an individual, trying to elicit the reason for admission in the hospital.

- Establishing contact with the patient
- Developing the contract
- Talking to the patient

Working phase

During this working or execution phase, the nurse will collect the information and identify the issue. Thereby practicing problem-solving skills and abling or coping skills with the patient. The nurse will impart education to the patient, thereby evaluating the progress which was made to develop or grow towards achieving the objectives.

Termination phase

The termination phase of the nurse-client relationship reaches the end point, and during this phase the nurse will encapsulate the objectives that were attained during the relationship, summarizing and incorporating new coping mechanisms and problem-solving skills into the life of patient, and sum up their discharge plans. During the termination phase, give sufficient time for the patient to portion their feelings regarding the end phase or termination of the relationship. The termination of the relationship may encompose a sense of sorrow from the patient side.

Therapeutic communication techniques

There are a great range of therapeutic communication techniques that can be utilized by a nurse. When nurses is in the beginning phase of her career, they are novice who feels shy, less confident but as the time passes and gains experience they will become master in the therapeutic communication techniques. The nurse make sure that she employs some of these communication techniques in other scenarios without even realizing it!in general communication even without awareness.

Broad opening remarks

For using the therapeutic communication technique of broad opening, it starts with the interaction with a broad question that will permit the patient to pave the way for initiating the conversation where they like to have. For example, the interaction with the patient can begin with, "What topic you would wish to have in today's discussion?".

Open-ended questions

Open-ended questions are the interrogative statements that cannot be acknowledged with only a Yes, No, or single-word answer. They are explanatory questions that provoke the patient to broaden up and allowance their thoughts. Open-ended questions more commonly begin with What, How, or "Share a lot in detail ...".

Sharing observations

Sharing observations is what when a nurse talks about an observation that in what way the patient appearance is, activity is, and behaviour is. Nurse would tell, "You look little lost today," that paves the way for the patient to portion more about how the patient is internalizing. And also portion the way that why are they feeling such like that.

Clarification/validation

Clarification or validation is that what you find the perception for certain things that the patient has told that is indistinct or puzzled.

For instance, the nurse might ask the interrogatory statement to clarify, “Am I perceiving you rightly when you told this?”.

Reflection

Reflection, it is a strategy to return a question back to the patient. For instance, if a the patient is asking, “Do you think I should try that new medication?” then the nurse might reply, “Well, what are your thoughts on that?”.

Offering self

Offering self, which means creating the atmosphere that the nurse is feasible to the patient. If the patient is frightened or worried, the effortless action of making oneself available for the patient (making the patient firm) can be beneficial.

Restating

Restating is replicating that what the patient told rear to them, to comply the interpretation. At certain timings the words may change from one to other, and that can assist to greater extent to clear up.

Presenting reality

Presenting reality is an significant in the imparting communication technique in the mental health setting. It helps a patient to transform the realistic element from the unrealistic element. If a patient portion certain things that does not reflect the real life scenario, the nurse can answer that their understanding of the reality is important to them, and elaborate what reality actually is.

Non-therapeutic communication techniques.

Conclusion

Thus the therapeutic nurse patient relationship is significant and enhance the therapeutic relationship with patients having mental disorders and proceed with the discussion phase and terminate the relationship successfully by achieving its goals. The Nurse – patient association is an interconnection process between the two or more persons in which nurse attain her/his role by using her/his professional knowledge and skills in such a way that she/he can ale to help the patient to attain the holistic health that is physical, mental, social and spiritual health [2-4].

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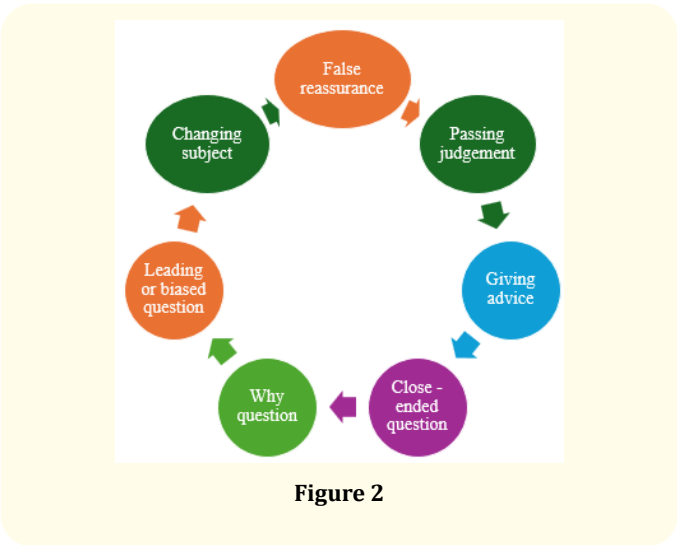


Figure 2