

Joe Moreno  
Fire Sky Ranch Aspire Clinical Reflection

Step 1 Description:

This week I had the opportunity to attend a meeting at Fire Sky Recovery center for men. It was a nice change of scenery the peaceful environment was definitely therapeutic. My group was able to attend the evening meeting that has members of outpatient care come weekly. We were mostly there to observe but watching the exchange between the leader of the group and the men was refreshing. It felt like we were able to see some of these men drop their walls and defenses even if only a little as the meeting progressed.

Step 2 Feelings:

The owners were both so kind and welcoming. It was nice to see the level of compassion they both have for the members. In complete honesty this was one of the best clinical experiences I've ever had. The members were very vulnerable and shared their stories with us. It was very humbling and allowed me to feel more compassion for the members in my family who have been addicts.

Step 3: Evaluation

The environment as a whole was just beautiful. It was nothing like I ever envisioned when I thought of rehabilitation centers. I left feeling very inspired by the owners of the facility. It was heartwarming to see how passionate they both were when it came to caring for these men. This definitely showed how beneficial a therapeutic relationship can be. The men were very comfortable and this allowed them to tap into the vulnerable side that they don't normally seem to show. I was a little anxious before arriving because I wasn't sure what to expect, but this experience was better than I could've imagined.

Step 4: Analysis

Prior to attending this meeting, we had the lecture over what addiction looks like, and what the withdrawal process is like. Hearing these men's stories allowed me to connect some of those dots. The leader of the group was going over the cognitive side of addiction and it was neat to see the connection in the real world. He went over a handful of the cognitive distortions and helped the men connect those to their own feelings and thoughts. To witness that exchange was definitely beneficial in allowing me to connect the literature and cognitive theory to real life situations. A lot of the men had similar experiences which was definitely important in the way it allowed them to connect as more than just men going to the same meeting.

Step 5: Conclusion

The only thing that I could think of as far as what I could've done to make it better is maybe speak in the group more. I just didn't know what exactly to say and I didn't want to risk saying the wrong thing. It would've been nice to see some of the men share more, but I can only imagine how nerve wracking that must feel. I gained a deeper understanding to the minds of people struggling with addiction and I applaud all of those men for being strong enough to not

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only take the step to recovery but to open up and let people see the side of themselves that they may not be so proud of.

#### Step 6: Action Plan

Overall, this experience was amazing from the owners to the men involved in the program. In complete honesty I can't think of a single negative thing to say. I've said it a few times but this situation above all taught me the true meaning of compassion. This was a great model of what a healthy therapeutic relationship looks like. I hope to one day be the type of nurse that can provide care like the owners of this facility. This experience has definitely set an expectation for my view on professional practice and what it should look like.