

ASPIRE CLINICAL REFLECTION

1. This week my clinical group and I visited Aspire at Fire Sky Ranch. It was a facility outside of Lubbock's city limits. The ranch was an all men's recovery facility run by two owners who recovered from drugs/alcohol themselves. They explained the meaning behind the facility and their goals to help others in their journey to sobriety and road to recovery. They offer several outlets to help aid their clients in emotional, financial, and medical ways.
2. At first I was very impressed by the structure of the facility and how calming the environment was. I was quick to acknowledge the owners of this thought and they explained that they did not want this facility to feel forced, gray, or dull. They wanted this experience for their clients to be calming and inviting to the mind. This made me feel hopeful for the clients at the facility.
3. I enjoyed how interactive the clients were with their counselors. They coerced well with everyone, and I could tell they all started to bond with each other. The rundown the owners gave us matched up with everything we experienced while we were there. I sat in during the group therapy session in the morning and after lunch groups with different counselors. I got to hear different stories of the clients and how they related/experienced things that were being discussed by both counselors.
4. This helps me better understand the perspectives of those struggling with addiction, and helps me have insight on other problems they face after rehabilitation. It also gave me an outlet to other resources to give to those struggling with addiction and seek help.
5. I learned that facilities such as aspire strive to better a client not only medically by detox, but emotionally to give them a place to emotionally express themselves and grow a bond between other clients going through some of the same struggles they are.
6. Overall I think this was a great learning experience for me and recommend this clinical site. This was very special and educational to see, and opened my eyes to the fact that some people in our community are having unspoken battles and struggles that need to be acknowledged. This facility gives a sense hope for those struggling with addiction and helps navigate and redirect feelings of resentment and coping with drugs or alcohol to coping in healthy ways and getting to a healthier emotional state of mind.