Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	To help maintain safety, I would make sure the chairs were pushed in so nobody could trip and fall on them. I also would make sure that I wouldn't ask patients questions that may trigger them and told them beforehand that if they didn't feel comfortable answering my questions, they did not have to.
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • What can you apply to this situation from your previous knowledge? • Can you apply these learnings to other events? How can you use this to further improve your practice in the future? • What have you learned from clinical?	Sitting in on the group discussions helped me learn about myself and how I can have better coping strategies and what my boundaries are like. Applying the ways that the therapists interacted with the patients was good for me to see. The younger therapist tried to relate to them more as far as age and gave the patient the same type of energy back that they were giving her. In previous clinicals, I would just talk to patients more on a surface level than trying to get to know them. I felt like this clinical really allowed us to sit down with the patients and get to know them on a deeper level. As I said, the group sessions helped me learn about myself as well so yes, I will be using these strategies while caring for patients. I learned that instead of labeling someone as "crazy" or "psycho" that some of them cannot understand what they are saying and have no control over what is going on inside of them like "healthy" people do.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	I would choose client RM. My concerns with RM are that he really depends on finding happiness from others around him. He worries about other people and will do anything for him but when he needs something in return, nobody is there for him. I would recommend that he gets into some therapy one on one to talk about boundaries and what are healthy/unhealthy boundaries for him.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I felt like at times, I struggled with really staying serious when someone was telling me something. They would laugh so I would laugh, but I feel like their laughter was a way they coped with the horrible things that happened to them and I don't want to give them the wrong impression. This taught me to dig deeper into what patients are feeling and know that what they may show on the outside is not always how they feel on the inside.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I was able to use therapeutic communication by getting down to eye sight with my patient, leaning in, touching their hand so they knew I was actively engaging in our conversation.
Feelings • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel?	I didn't have any expectations coming into this clinical because I had never done it before, but I felt scared and just anxious about what we were going to maybe deal with. I was thinking about all the bad outcomes or possibilities instead of the relationships or just how talking to the patients would make them feel.

• What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the outcome? • What is the most important emotion or feeling you had?	Some of the patients made me anxious and I was scared of what they may do or say to me. I felt relieved when they were discharged but I also got to see a softer side of them at times or just hearing their story made me realize why they are the way that they are. I think I felt proud of the patients. Proud because of how they know something is not right and that they are wanting to fix it to be better for themselves.
Evaluation What stood out the most about Oceans?	The relationships that evolve there and how the patients come together for one another instead of them judging someone or being out to get another person.