

Aspire reflection

During group therapy, the therapist was talking about a lot of the theories that were discussed during our classroom lecture! In return, these patients would discuss how these different therapy groups helped them! They were able to open up and talk about their feelings and what they have struggled with. It was very interesting to see how these things we have talked about and learned in class are used in therapy and how they are able to help these patients that struggle with substance abuse. The therapist yesterday was really able to connect with these patients because he, at one point, was an addict. So, he was very good at relating things that he was talking about with the people and their struggles. The men at Aspire are all self admits and are men that are truly wanting help and are striving to get better. The recommendation I have is not to go places that they feel the temptation to drink or do the substance they are addicted to. These men are allowed to leave the Aspire facility when they are at a certain point in their recovery journey so I think that there could be some temptation knowing that they are back out in the "real world." I think I maintained professionalism by having active listening during the therapy sessions. It was very interesting to hear these men's stories and really try to understand their struggles with life, what got them to start drinking/using, and how they have overcome these obstacles. We talked to a guy that was hanging out outside while we were out there. He was a new admit and you could tell he didn't know the other guys very well. I think we used therapeutic communication by asking him if he wanted to come sit with us. At the beginning, I was feeling unsure of what I was going to experience in these therapy sessions. I have never struggled or have had anyone in my family struggle with addiction, so I never knew what it really looked like. I think Aspire is an amazing place with amazing values and a great amount of care for these men that walk through the doors. I could tell by sitting in on these therapy groups that these men want to get better and they work hard every day trying to make themselves better for not only themselves but also their family. I think the thing that stood out the most about Aspire is the care the owners and workers have for these men. You can tell that the owners want these patients to get better and they will do anything to help them get better. That is their number one priority!