

## Aspire Reflection (300 word minimum)

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I answered a question that was presented by the therapist in the group discussion. I was able to maintain a calm environment with a response that did not elicit any outbursts from the residents.</p>
<p style="text-align: center;"><b>Clinical Judgment</b></p> <p>As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:</p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<p>The therapist at several times mentioned “Pavlov Dogs” which was interesting to hear because we had just learned about that theory. The therapist tied this into addiction by drawing the analogy that addicts are like Pavlov’s dogs because when something bad happens they are automatically drawn or inclined to pick up their addiction.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One gentleman in the group gave me the impression that he didn’t understand why his addiction was a problem and why anyone would have a problem with what he was doing. The client did not understand how his behavior was affecting the friends and family in his life and was very selfish. This was very frustrating for me to listen to because as the therapist was trying to conduct the session this particular resident treated the session like a joke. My recommendation would be for this resident to attend 1:1 session rather than being in a group setting as this felt like it was a disservice to the other members in the group.</p>
<p style="text-align: center;"><b>Professionalism</b></p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?)</p>	<p>I maintained professionalism by arriving on time and in uniform. I feel like I demonstrated respect for the residents at Aspire by quietly listening to their group discussion.</p>

<p><b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration</p>	<p>During my evening at Aspire the residents cooked dinner and we were able to sit down with them and enjoy the meal. While we were eating with the residents I was able to talk with a couple of the men and hear their story about their addiction and what happened to cause them to come into treatment. I was able to sit and actively listen to their stories, engage and reply to their statements in a way that kept the conversation open and moving forward.</p>
<p><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> <li>• What is the most important emotion or feeling you had?</li> </ul>	<p>In the beginning I was really unsure of what to expect from the residents and even the therapy session. I was nervous how the residents were going to respond to having 3 girls in their session silently listening to their stories. Some of the comments made by one client were slightly irritating, because his general attitude towards women and sex was very poor and he made some comments that were very unfeeling and disrespectful. The other gentlemen in the group were very nice and genuinely wanted to be in the group and make progress towards sobriety.</p>
<p><b>Evaluation</b> What stood out the most about Aspire?</p>	<p>I really enjoyed going to Aspire, it was definitely a different view of “treatment” and the owners were extremely welcoming and made the experience enjoyable.</p>