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Aspire Reflection

The environment was so welcoming at Aspire. I did not feel not welcomed or out of place at all. During my time at Aspire, they had an outpatient meeting. The topic was about denial and the different stages and struggles recovering people go through. I was able to listen and understand the breakdown of all the emotions and impact denial has on people going through recovery. I can use this to try to not judge my patients when they struggle to fully accept their addiction. I will try to fully understand what is going on internally and spiritually with them. Patients' past and Trumas are different.

There was a guy who was really struggling internally. He knew what he should do and how he was acting after he was using but during that time it was hard for him to sit down and admit to his issues and problems. I honestly think that his emotions were just stuffed down for too long and his addiction was the only thing he could use to relieve that stress or anxiety. I would recommend him to find a group or therapist he could talk to. One so he can admit his addiction and two so he could fully let everything out emotions and struggles.

I maintained my professionalism by not putting my emotions or thoughts to try to help or understand their story, instead I just thought of them as a person telling their story. What they have done and what they haven't or wish they had done. Everyone in that meeting is just a person that needs to accept their problems and feelings, which is hard for the male population because they have the view that they are supposed to be strong and not sensitive but in reality they need to be able to talk about their emotions. I tried to just listen and understand each story.

I didn't really have a one on one conversation with anyone but I tried to show my therapeutic relations by my actions and facial expressions. I was invested and listening to the meeting and stories.

I was really interested in my first impression. I really wanted to learn more about their program and what they were doing to help impact each life living there. The meeting made me feel open to everyone's story, it helped me realize that everyone's life is different. I felt very proud of each person in recovery or trying to make a difference in themselves. I wanted to learn more and try to understand more about recovery and the stages. How welcoming the people at Aspire stood out the most to me. They had a great spirit and impression about them. This is definitely something I could see myself doing.