

Aspire Reflection (300 word minimum)

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	
<p style="text-align: center;">Clinical Judgment</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"> • 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? 	
<p style="text-align: center;">Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	
<p style="text-align: center;">Professionalism</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 style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you 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? 	

<ul style="list-style-type: none"> • What is the most important emotion or feeling you had? 	
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire?</p>	

1. Safety and Quality

This clinical rotation at Aspire is mostly attending group therapy sessions. We were able to have conversations with the residents of said facility but mostly we were there to observe how group therapy sessions were conducted and listen to the predicaments that happened to the clients and how to be able to resolve issues of substance use. The facility is safe since most of them are monitored regarding substance that were used and are not allowed while they are rehabilitating and under treatment. They were provided with all necessities such as food, recreational facilities, self-help books, home-like environment, and teach them daily life activities such as cooking. Overall, the facility provides a safe and quality environment for the clients.

2. Clinical Judgment

The group therapy session was mostly identifying what made the clients addicted to whatever substance they are using, what triggers made them relapse and feelings or behaviors they have while intoxicated of such substance. Residents who are part of the said session are encouraged to participate and voice their dilemmas and concerns and how should they do to avert triggers. Tools were provided such as behavioral modifications and how to achieve them. The talks provided by the therapist and tools empower the residents to help themselves if they choose to, otherwise it will never work for them if residents are not going to commit themselves to it. Some of them are likewise provided with pharmacological treatment to ease them out of their substance use. This behavioral type of treatment can be used likewise to empower ourselves if we commit to better our lives.

3. Patient Centered Care

There is this one resident that we got to talk with, a very young individual who got hooked with a deadly substance due to peer pressure. He voluntarily admits himself to the said facility because he wants to better himself. He is a goal-oriented individual who just happened to be in the wrong group. My concern was mostly not of the patient but to the environment that he will be back,

knowing that it is one of the risk for this client to have a relapse if he meets those same group/friends. My suggestion to this situation is/are for them to move to a new place, live a new and healthy life, commit to being sober and learn how to say NO to whoever gives him illicit drugs.

4. Professionalism

This entails us to be punctual, appropriately dressed according to the code of clinical rotation and respect to the facility, its therapist and residents likewise. On group therapy, I actively listen to the therapist empowering the clients and respecting the views or comments of the residents participating in therapy. I talked to one of the residents with an open mind with respect and without prejudice as to how he ended in his present condition.

5. Therapeutic Communication and Collaboration

Active listening is part and parcel of communication. We listened to all participants' views about substance use, how they want to better themselves and how they would maintain sober after the treatment session.

6. Feelings

I was in awe about the serenity of the location of this facility. More so, I was speechless about how the architectural design of the facility is. It provided a more home-like environment rather than what I used to think of a rehabilitation center. From the therapist, employees and residents are very supportive of each other. Everyone are welcoming.

7. Evaluation

I am thrilled to witness the conduct of group behavioral therapy and the transformation of individual/s who has substance use disorder.

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Aspire