

I maintained a quality environment at Aspire by not using a loud voice while around the patients.

While listening during group, Freud's theories were mentioned and applied to therapy. I can apply my understanding of group therapy. Everyone has the same form of issues, interaction in the group helps with support, everyone was seated to face each other. I can apply the learnings from the group when dealing with patients that want to talk about their feelings. I learned that changing the way we think when we disagree with someone else is what will help us keep from having negative thoughts and keeping our thoughts from destroying our way of thinking.

There was one guy that seemed to be really angry, although his thoughts may have manifested into anger, I think he would benefit from anger management.

I maintained professionalism by showing up on time and staying engaged during discussion.

The way I utilized therapeutic communication was by showing empathy through understanding all the patient's perspectives.

At the beginning of the clinical I was nervous because it was an all-men's group, and I did not know what to expect. I thought that many things could get rowdy or even have a lot of disagreements. The event surprisingly made me feel comfortable. Everyone was polite and introduced themselves. The words and actions others used made me feel like these were all normal people going through tough times and just needed guidance. It made me feel like we never know what someone is going through just by looking at them. Everyone has their own story. The outcome made me feel better knowing group therapies help with hard issues. The most important feeling I had was understanding. Understanding that we need to change the way that we think before jumping to conclusions can change a while situation.

The thing that stood out the most for me was how engaged the owner was involved and wanting to help these men. Even down to helping with financial issues when needing help. This is an amazing place, and I am so happy I was able to experience it.