

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>	

Safety and quality:

At Aspire I was able to maintain a safe, quality environment by maintaining the dignity and privacy of the clients. I was also able to assess clients while sitting in group. Some seemed restless, but the environment stayed safe.

Clinical judgement:

I was able to integrate my classroom knowledge with what the patient/therapist were discussing when the therapist brought up Aaron Beck. Aaron Beck is known for his cognitive theory. The therapist brought up the term “positive feedback loop.” He described that the love and affection that workaholics get from working so hard leads to feeding into a person’s depression because they continue working harder than they are physically and emotionally able to. Another therapist also brought up Maslow’s hierarchy of needs. He explained that when addicts have those needs met and they look for other ways to fill their time. I can apply Aaron Beck’s theory to my own life because I am one that strives to gain acceptance. I think this will help me in the future to realize that just because someone is working hard does not mean that they aren’t going through something deep down.

Patient centered care:

One client in the group was put on Suboxone when he first came into treatment, and he hadn’t disclosed the last time he used fentanyl. When he first took the Suboxone the half-life hadn’t worn off and adverse effects set in. I would suggest patient teaching about the adverse effects of taking Suboxone and opioids together. Taking them together can cause sedation and death. I would also suggest teaching about disclosing to medical professionals the use of drugs and being honest. Though it may be hard, in the end it could save a life.

Professionalism:

I was able to maintain professionalism by using self-reflection. I was able to reflect on my own feelings before going into Aspire. I was also able to put my own feelings aside and go into this clinical as a learning experience. I was also able to uphold the values of respect by acknowledging clients as individuals with their own needs.

Communication and collaboration:

I was able to maintain therapeutic communication by using active listening. We sat down for lunch and a client began talking to us about being addicted to fentanyl. He explained that resentment was a part of the reason why he started using. I was able to remember our therapeutic communication lecture and reassure the client that I heard what they

were saying. I was also able to ask open ended questions and restating with the clients to better understand their thoughts and feelings.

Feelings:

I was honestly wary about going to Aspire because I am the daughter of an addict that had no desire to get help. I had a lot of negative emotions because of my own life experiences. This clinical brought up a lot of emotion for me including sadness and resentment. However, I did learn that there are some people that actually want help with their addiction. I do not think I will ever understand addiction and I know that I will probably not ever get any answers related to my own experiences growing up with an addict. I am glad that I persevered through my own emotions and went to try to gain some insight. Overall, I had a good clinical experience sitting in group and actively listening to the clients and therapist speak about their own life experiences.

Evaluation:

A couple of things stood out to me about Aspire. The first was that the owner will work out payments with clients. The facility is self-pay, and they also work with insurance. He stated that even when insurance companies do not pay for treatment, they do not put that burden on clients. Another thing that stood out to me is that the 12-step program is based a lot on spiritual principles. It is based on reaching a spiritual enlightenment, but I also learned that you don't necessarily have to be a religious person to work the steps.