

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>I maintained a safe environment by allowing the individuals speak freely about their addictions without displaying judgement.</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>After listening to the men's stories and struggles with their addictions, I was able to connect the lecture material to real life scenarios. It gave me real insight as to what people with addictions deal with on a day-to-day basis. I was also caught by surprise because a lot of men that were there, I never would've thought they had an addiction. I can utilize this information in my practice by not having preconceived ideas about others. Today, I learned that addiction is not selective, it can destroy just about anyone's life.</p>
<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>One of the men in the group was around my age, and disclosed some of his backstory and struggles he's experienced. I resonated with his story because I felt if he had prior therapy and guidance from a trusted adult then maybe he would not have ended up there. I would recommend routine therapy sessions.</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>I maintained professionalism by showing up on time, providing non-biased therapeutic communication, and allowing the space for the men to talk freely about their experiences to me. This clinical experience has taught me how to properly utilize therapeutic communication.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by providing silence for times when the men were talking about their struggles. I did not want to reply at times when the men were sharing their struggles, which worked out for me because it allowed them to talk freely.</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?• What is the most important emotion or feeling you had?	<p>At the beginning I was nervous because I haven't been exposed to addiction previously so I didn't know what to expect. At the time, I relieved and felt comfortable being there thanks to Robin, he made us feel very welcomed. This experience completely changed by perspective on addiction as a whole. I now understand that it can affect everyone in different ways. The words of others made me feel incredibly sorry for them. The whole time I was wondering about all of the troubles they've had in their life, and how it's such a big step just for them to be at this facility. The most important feeling I had throughout this experience was optimism. I found myself rooting for all of the men and their recovery's.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire?</p>	<p>What stood out the most to me was how selfless the owners were, and how this organization came about. I thought the purpose and what the organization represented was admirable. Robin and his wife are truly what I aspire to be as a nurse, they've dedicated everything to this program and don't care about the profit or gain they get by doing so.</p>