

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>Having met several clients from the same field as me and other family members, I have maintained pt confidentiality and have abided, to HIPPA laws regarding pt confidentiality.</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>While listening to Robin speak to the clients and require them to critically think. I was able to relate some of what Robin was speaking about to classroom material, including cognitive behavioral therapy. During his speaking he attempted to integrate the clients' past behaviors that caused them to be triggered and relapse and how to identify them and to know how to better avoid them. It was very helpful in better understanding the concept of cognitive behavioral therapy. I learned of more resources that are available for not only substance abuse pts but pts that are battling other mental health disorders in addition to substances.</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 pt that I identified during the group session was a 22yr old male that struggles with a Meth, Fentanyl and alcohol addiction. He mentioned several times that he has had difficulty identifying triggers and making the right decision. My suggestion would be that in the moments that he feels overwhelmed, to take a "step back" and analyze the situation before reacting.</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>When introducing myself, I shared that I have been in their seat before, so that I was very appreciative that they allowed us to sit in and observe with them. Many said that it made them feel "more comfortable" sharing.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>While Robin was speaking, he asked the group a question that was intended to allow them to critically think but it seemed to confuse them so I used my therapeutic communication and paraphrased the question back to him for confirmation to help clarify what he was asking.</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 	<p>I was a little nervous at the beginning, being in a new place with new strangers. It made me think that if I had known about facilities like Fire Sky Ranch or had others that I know, had/ have known about the amount of resources exist, they would be more willing to reach out for help. I enjoyed the overall experience. Robin and his wife were very welcoming and very</p>

<p>others make you think?</p> <ul style="list-style-type: none">• How did this make you feel?• How did you feel about the outcome?• What is the most important emotion or feeling you had?	<p>down to earth while upholding their professionalism. I had a lot of mixed emotions during the therapy session due to my history of substance abuse but I almost felt proud of myself for making it out and doing good now.</p>
<p>Evaluation What stood out the most about Aspire?</p>	<p>That they specialized in male mental health and substance abuse disorders which I have never hear of throughout my experience in healthcare.</p>