

Aspire, AA and Oceans 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 think that I was able to maintain a safe environment by being respectful with their clients. When I approached several of them, I made sure to not make any comments that could've been offensive to them or ask them any questions that might have triggered something in them.</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>I think that I was able to integrate classroom knowledge while I listened to the group meeting by analyzing each of the stories that they shared. Most of the stories the clients shared were about their substance abuse and how they handled it. A lot of the clients shared how they have reached sobriety at one point in their lives but then ended up relapsing and having to withdraw from whichever substance they were using once again. Most of the things that were shared we learned in the past lecture that we received so it was easy to connect it to what was learned in class.</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>There was one specific patient that has only been at Aspire for a few days. What I would recommend to this patient would be to get to know his peers and spend time with them to get to know them better. At the end of the day, I feel like they could help him find ways to deal with his addiction and help ease his recovery period as there are some clients who have been there for a while.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation</p>	<p>Once again, I believe that I maintained professionalism by being respectful. During the meeting, we observed</p>

<p>for ideas (What has this taught you about professional practice? About yourself?)</p>	<p>as everyone shared their stories without making any comments or without using any nonverbal communication that could've been interpreted as judgmental.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I think I did a very good job at using therapeutic communication when it came to getting to know their clients. Asking them questions about themselves without being disrespectful to them or without getting too personal to where I made them feel uncomfortable.</p>
<p>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 very nervous and didn't know what to expect but as the meeting progressed, I started to feel better. We had the opportunity to have lunch with some of the clients and get to know them and that's when I began to feel more comfortable in the environment. I also have to say that I was very emotional throughout the meeting just listening to all the struggles these individuals have to face.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me the most was how the environment felt very like at home. For it to be a recovery center, they do a very good job at making their clients feel very comfortable and not making them feel as if they were imprisoned.</p>