

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 stayed present and contributed to conversations during group and among the residents. I asked if all members were comfortable having me sit in on the group session to observe.</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>By listening without judgement and allowing them to discuss their sobriety in a way that they were comfortable with. I can use this experience in other events such as talking to some family members that I have been distant from due to their substance abuse issues. This clinical has taught me that I don't always have to be one talking to help people. Listening can be therapeutic on both ends.</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 stood out because he was a former healthcare worker from the OR. He wasn't working due to retirement and expressed having extra time on his hands. He expressed how he missed being at work. A recommendation for him would be once he's in a place with his sobriety, maybe he would find a part time job or volunteer as a sponsor to help others who have been in his position.</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 was able to maintain professionalism by keeping the conversations on topic. Although I have witnessed how substance abuse can effect a family, I didn't reveal that information because I wanted to keep the focus on the residents and their recovery.</p>
<p style="text-align: center;">Communication & Collaboration</p>	<p>Therapeutic communication is something I have been</p>

<p>Describe how you utilized therapeutic communication/collaboration</p>	<p>trying to get more comfortable with so I asked open ended questions and took cues from their body language on how to navigate the conversations.</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 first, I was feeling curious because I've never been anywhere like that so I wanted to see everything that was there and what they offered. My first thoughts were that the facility was nothing like the movies, it was really calm, quiet and structured. After seeing how happy and hopeful the residents are, it was infectious because it rubbed off on me too. I had an overwhelming feeling of admiration for the people there that they were able to seek help and gain control over their addictions. I hope they continue on this path and receive all the great things their hard work brings them.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The atmosphere at Aspire stood out because it has a home feel to it, not clinical at all. It really just felt like a group of friends hanging out. I really like that.</p>