

## Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>Though I was not handling medications and completing assessment, I believe I was able to provide a safe and quality environment by providing a non-judgmental attitude towards the clients when they spoke about their addictions in group session and individually.</p>
<p style="text-align: center;"><b>Clinical Judgment</b></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"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<p>While listening during the group session I was able to apply my knowledge of understanding the signs and symptoms related to the specific conditions. For example, alcoholism was a large topic discussed and while listening to the difference in how everyone felt during their experience with it opened my mind to different perspectives. I was able to not only apply my knowledge but also mentally highlight the idea of group discussion as one of the most effective methods used for therapy. I will apply this learning to other events by always making sure the patient or anyone is able to discuss their feelings openly and let them feel safe and secure with me as it is a way of non-pharmacologically helping them. I have learned that therapeutic communication is one of the biggest factors in this population as it establishes trust and confidence in the patient-caregiver relationship.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>While in group discussion, I noticed one client had not opened much due to being new to the group. A recommendation would have been to encourage the client to take part in it but also take their time in getting comfortable with the group. Being back therapeutic communication, I think being able to therapeutically communicate with this population is what brings them to be comfortable with not only the caregiver but with the group as well.</p>
<p style="text-align: center;"><b>Professionalism</b></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 arriving at the site on time and in uniform. In addition, I was able to demonstrate principles of respect for each client in that was discussing their hardships. I was also able to maintain patient confidentiality with each patient along with their situations.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I was able to utilize therapeutic communication/collaboration by being engaged in each conversation each group member held not only during group session but also individually. I enjoyed listening to their backgrounds and admired their dedication of wanting to become better for themselves.</p>
<p style="text-align: center;"><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> <li>• What is the most important emotion or feeling you had?</li> </ul>	<p>At the beginning, I was feeling a bit nervous as I had never been to a recovery center before but after being there and getting to know everyone, I felt welcomed and comfortable. At the time, I was thinking it was going to be hard for the men to talk about their addictions. Being able to sit down and get to know them all individually was one of the best experiences because they made us feel welcomed and expressed interest in us as well. While eating lunch with them, they made us feel included, so we were able to all get to know each other. In addition, while in group therapy I found myself getting emotional with some of their stories due to having a personal experience of addiction with a family member. Being present with these men made me understand how they felt and what they go through because of their addiction. I am very grateful</p>

	I got to experience this as I got see more of an insight into what these patients go through not only mentally but physically.
<b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans	What stood out to me the most about Aspire was the safe environment for individuals to speak their mind. I found myself admiring their dedication to the program and how they felt safe to speak about their conditions. In addition, I appreciated how the owner made the environment lighthearted during each group session and allowed for the men to relate to each other.