

Aspire, AA and Oceans Reflection (300 word minimum)

Aspire Clinical

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>When at Aspire, we made sure that we were quiet and respectful during group so everyone would still feel like it was a safe environment to share and talk.</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 heard some instances where the guys said they had experienced flashbacks.</p> <ul style="list-style-type: none"> • I know that flashbacks occur when you have been off the substance for a while, and it can feel very real for the person experiencing it. • Yes, I can apply this to other situations in clinical or when I am in the hospital taking care of someone. I can educate the patient that these can be possible if I know they have been off a psychedelic drug for a while. • I have learned that not all recovery places are like hospitals. That they can help people find better coping mechanisms to avoid their substance to cope. Going to groups for them is like treatment and helps them just like how meds are prescribed for a sick person.
<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>At Aspire there was one man who was concerned with his home life affecting his long-term recovery. He lives right down the street from a liquor store and when he has visitors, they bring drinks and drink. I would recommend him talking to his family about drinking to much around him in his own home, I would also recommend going to a family group meeting so his family can understand what he goes through. I would give hum resources and places to go to for family therapy as well.</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 made sure to read and follow the code of ethics that was posted on LMS. That it is important to make sure to treat everyone regardless of what they have that they all deserve the same privacy and amount of care. That I am more open minded than others when it comes to caring for certain patients with substance abuse problems.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Talked to some guys at Aspire and go to know them. I also made sure that they knew that I was not there to judge them and just listen.</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 	<ul style="list-style-type: none"> • Surprised that the environment was so homey and neat. • That this recovery program was amazing and that I would want someone I know to come here to get help. • It opened my eyes to know that not every treatment place is not like a hospital. • From the group it helped me understand how the program was helping these

<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>guys to live a substance free everyday life.</p> <ul style="list-style-type: none"> • Seeing these things made me excited that these guys were receiving this kind of help.\ • I thought this was one of the best clinical experiences I have had at this school. • I think the most important feeling I had during this rotation was the understanding you get from talking to these guys. Also getting to hear how it impacted their lives
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>I did not expect it to look like an actual home. I never have been to recovery places but I thought it was something more like a hospital setting. It was also super clean which I did not expect.</p>