

## 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 style="text-align: center;">In order to maintain a safe environment, I allowed group members to feel comfortable with me while also achieving open communication among all group members.</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>As the group members were talking about their addictions, I was able to relate how they were feeling during withdrawal to our lecture we had on addiction. Based off how the group members described their personal battles with addiction and withdrawal, I can say that a lot of the things in lecture were similar. I do believe I can apply these learnings to improve my practice by realizing how addiction affects everyone differently. It's not something that can be categorized because all of the members had different stories but they all were working towards the same goal. It was admirable to see how encouraging they all were towards each others sobriety.</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 style="text-align: center;">One client talked about how she was doing everything she thought was right in order to help her sobriety recovery but didn't have basic needs. For her, I would recommend local organizations that could help her get what she needs. Also, I think individual therapy would benefit her as well. She was also religious so maybe getting her connected to a church would be beneficial for her.</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 listening to others while not having any judgement towards them which allowed them to express their feeling freely. This has taught me not to judge others because we don't fully know what they have endured, and judging others doesn't help the situation. I think it's especially important</p>

	<p>in nursing because it allows patients to become comfortable around you and can even help progress their recovery.</p>
<p><b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by remaining silent when the group members were talking. Since I have no background or personal experience with addiction, I didn't think it was appropriate for me to have an input on anything.</p>
<p><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 wasn't feeling any sort of way, I came to the meeting with an open mindset. During the meeting, I was taking in the group members stories and allowed them to talk freely without feeling any judgement. The event was eye opening because it gave me more insight regarding addiction. The words of others made me feel optimistic for their recovery because they were also very optimistic. This made me feel hopeful for them. As far as the outcome, I left on a good note and I'm glad I was able to witness an AA meeting. The most important emotion I felt during the meeting would have to be grateful, only because now I can somewhat understand what addiction is on a more personal level since I was able to hear real life stories.</p>
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most from the AA meeting is how optimistic all of the group members were. Even though they've endured a lot during their addictions, it seemed like they were all doing what they needed in order to achieve success in their recovery.</p>