Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality
Describe anything you accomplished to maintain a safe, quality environment

I made sure to maintain a safe environment by always asking first if it was okay to approach a patient. As well as keeping a safe distance with patients when speaking to them to keep both of us safe.

Clinical Judgment
As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:

- 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?

During the group we talked about anxiety and how it affected the patients day to day life. This can be integrated to what we have learned in class, as some of the patients expressed the symptoms they experience such as feeling nervous, agitated, or feeling like bad things will happen to them. As the group progressed, we also talked about some things that could help cope with anxiety. Such as breathing exercises, meditation, and positive affirmations that could be used in many situations or events that the patient may experience in the future.

Patient Centered Care
Identify one client in the group, what concerns, recommendations/interventions would you suggest?

My patient was in the facility for suicidal ideation and MDD. When she talked to me she told me that she had lost one of her children to suicide and the other two didn't want anything to do with her. She expressed feeling "hopeless" and said, "she had nothing to live for. I would recommend for her to seek help such as grief counseling as she carries all this guilt of having lost her children.

Professionalism
How did you maintain professionalism? You can review your clinical evaluation for ideas
(What has this taught you about professional practice? About yourself?

While I was sitting down with my patient asking her questions, I made sure to keep eye contact with her. I had my papers with me, but I refrained from writing anything on them while we had a conversation. That way she felt like I was paying attention to her and we could have an engaging conversation.

Communication & Collaboration
Describe how you utilized therapeutic communication/collaboration

This was my first time where I had a full conversation with a patient. I made sure that every time I would ask the patient a question, I would paraphrase what she would tell me that way she knew I was engaged, or if I had heard something wrong, she could correct me.

Feelings

- 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

I was expecting a dangerous environment as I have heard different stories and also watched movies in which they exaggerate things. Once I was there, I actually liked the environment and immediately knew that everything would be okay if I just approached the patients that were willing to talk to me and be respectful with them.

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Evaluation

What stood out the most about Aspire, AA, or Oceans

What stood out to me the most about Oceans was the way the patients interacted with each other. It's as if they have their own community in which they feel comfortable with each other. I don't know why I was expecting for everyone to be isolated or not allowed to interact with each other.