

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 arrived early so that way I could talk to the facilitator to let him know that I was there to observe and who I was. I was respectful during the meeting listening while others were talking. I also went with another classmate so I would feel mor comfortable.</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>During AA I was able to listen to the different people tell their stories and was able to pick up on the structure of their meetings when the facilitator starts the meeting he starts with the good book which they were on the 12th step and they all discussed what that step meant to them. I wouldn't say there was very much therapeutic communication because everbody just says what they feel and they move on to the next person. Everybody just says glad you're here and keep coming back.</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 person in particular said that he had a spiritual experience everytime he hit the 12th step meaning that he has been in and out of AA several times. I don't know that I have any interventions for him but just to say that he needs to keep coming back as long and as many times as it takes for him to get clean. Well I guess one intervention would to suggest that he try to place himself in some kind of rehab where he can get professional help.</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 observed and listened to each speaker with my full attention. When my turn came, I simply said that I was just there to listen today. I prayed with them after the meeting and thanked them for their time.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>The only communication I guess if any that I used was non verbal communication listening to each of them speak. I paid close attention to them tell their individual stories.</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? 	<p>The AA group was interesting there seem to be quite a few regulars that knew each other well. The group session was interesting and the clients that attended were engaged the whole time. My strongest emotion was when they were talking about their addiction that brought them to the</p>

<ul style="list-style-type: none"> • 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>facility I have a step-son that fights this addiction every day and it hit a little close to home. So I guess when hearing these stories I just feel grateful that my step son has overcome this disease so far.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>Well AA is definitely a place that people use to go and talk about their addiction to alcohol and or drugs. People that were there were sober from anywhere from 10 years to 14 hours since their last sobriety. It really gives them a sense of escape from their problems if even for that one hour.</p>