

## 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>Today at aspire we maintained a safe environment by listening and letting the man be open. We didn't judge them and make them feel uncomfortable.</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>Today at aspire during group we got to hear some of the terms and apply them to our life. We went over the words that were used during the theorist lecture. Something I could apply was overgeneralization. Last test was not my best test and I was a little beat up by that one. So sometimes as humans we can say the next one will be like that. However, we can do something about it and change our studying for future test.</p> <p>Something else I learned at aspire was how welcoming the staff and owners were. I learned today that we can apply that to our daily lives including at work. They cared for everyone the same no matter what their story is. We should also be doing that.</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>One client today has been back a couple of times. Something I would recommend for him is to have a scheduled day for him like therapies and support groups. I think having a structured schedule would be beneficial for him.</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>We maintained professionalism by maintaining confidentiality. They were vulnerable and honest with their stories. So we wont be sharing those things with others.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Today in therapy we were asked to tell them about us and we were able to hear their stories.</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</li> </ul>	<p>At the beginning I was very nervous but when I got their everyone was so welcoming. It made me feel so much better. Then when we went to meet the people there they were also so very welcoming. I liked that everyone wanted to know more about us. I felt like overall everyone was helpful. The most important feeling I had was curious. I wanted to know how everything worked and know more about their therapies</p>

outcome? • What is the most important emotion or feeling you had?	
<b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans	How organized the facility was ran. Everyone was helpful and supported each other. They all have a common goal and wanted the best for each guy that was in there.