

## Aspire, AA and Oceans Reflection (300 words 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>I was an active listener during the group therapies and maintained positive body language like keeping an open posture and maintaining eye contact</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>During my time there the patients had 2 group meetings. In the first one they discussed their goals and what they want to get out of their time in recovery and in the second one they shared their stories on how they ended up at Aspire. I learned that most of them had a rough childhood growing up which led them into using substances. For example, one patient talked about how his father was an alcoholic and he'd let him drink since he was in high school and that's how he got hooked on alcohol. I've learned to show more empathy to those struggling with addiction because most of the time they didn't choose that lifestyle it is bad circumstances that led them to where they are. In my future practice as a nurse, I'll remain non-judgmental and I'll encourage my patients to seek help through recovery programs if they haven't.</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 shared how this was his third time in recovery and that his previous relapses were due to the stress of living with his parents. I would suggest that after recovery his priority should be to find a way to move out of his parents' house so that he can get rid of that negative environment. Also, I'd suggest for him to take his meds to prevent bad withdrawal symptoms.</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 wearing the appropriate attire. I was non-judgmental and actively listened throughout the whole group therapy. This has taught me that I need to be professional in order for patients to trust me. If I wasn't professional, they probably won't be comfortable having me in the group therapy with them.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by being an active listener throughout the group therapies. I also acknowledged them and expressed gratitude for their vulnerability and allowing us to be there during their group therapy.</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>I was nervous at first. The place was smaller than I expected it to be. It was very home-like. I was thinking of how I am going to initiate conversations with the patients. I felt grateful to be able to attend something like this because it was eye opening especially during the session when the members shared their stories on how they got there. Their words made me feel sad because of the issues some of them had to deal with since they were young. This made me feel grateful for my upbringing and for the opportunities I have</p>

<p>outcome?</p> <ul style="list-style-type: none"><li>• What is the most important emotion or feeling you had?</li></ul>	<p>had.</p> <p>The outcome was great. All the members were supportive of each other and it was beautiful to see them share kind and inspiring words to one another I felt grateful that the patients were able to find an awesome recovery place like Aspire and for the opportunity to be able to be with them and hear their stories.</p>
<p><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most about Aspire was the environment. It felt like someone's home. We toured the whole place, the kitchen, their bedrooms and it didn't feel like a psych unit at all. It felt home-like.</p>