

## 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>To uphold safety and quality in group therapy, facilitators should establish clear guidelines for respect, confidentiality, and active listening. A trained professional should lead sessions, ensuring a structured and supportive environment while addressing conflicts promptly.</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 group therapy, I applied classroom knowledge by using active listening, therapeutic communication, and CBT principles to understand patient discussions.</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>For a client struggling with addiction cravings and relapse triggers, I would recommend identifying high-risk situations and developing healthy coping strategies, such as mindfulness, deep breathing, or engaging in structured activities.</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>This experience has taught me the importance of empathy, self-awareness, and continuous learning in professional practice. It has also reinforced my ability to stay composed, adaptable, and client-focused in challenging situations.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication by maintaining eye contact, validating emotions, and encouraging clients to</p>

	<p>express their thoughts openly. Through collaboration with the therapist and group members</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 felt nervous yet eager to engage. I was thinking about how to apply my knowledge effectively. As the session progressed, I felt more confident and connected, seeing the impact of their communication.</p>
<p><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The strong sense of community and support in the recovery process. The structured programs, peer accountability, and emphasis on personal growth created a safe and encouraging environment</p>

PMH CSON Student Community Site Verification Form

Covenant  
School of Nursing

Instructional Module: IM 6

Student Name: Kylee "Nicole" Campbell

Instructor Contact Information:

Annie Harrison - (806) 224-3078

Jaynie Maya - (806) 928-8753

Community Site: AA meeting/new beginning Date: 02/4/2025

Student's Arrival Time: 10:30am Departure Time: 11:30am

Printed Name of Staff: Sara D. Roberts Signature: Sara D. Roberts

Community Site: Aspire recovery center Date: 02/05/25

Student's Arrival Time: 5:00pm Departure Time: 9:00pm

Printed Name of Staff: Robin Coy Signature: [Signature]

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_