

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 style="text-align: center;">During my time at the aspire ranch location I went in with a nonjudgmental attitude and listened to everyone. This allowed them to feel comfortable while being vulnerable</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 style="text-align: center;">A lot of the group was going over the certain types of therapies used in the mental health world. I can apply the use of therapeutic communication and allow others to feel safe. Yes, the whole group was about reshaping your thoughts. I think even for myself and my nursing career going in with a good mindset during the week or even day will be very beneficial</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 style="text-align: center;">I think they were all exactly where they needed to be. There was one guy who was coming just to check it out and for him I would recommended the IOP as he doesn't want to live there but he needs that little bit of extra support</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 style="text-align: center;">I remained professional by maintaining a good therapeutic relationship with all the men in the group. I listened and didn't try to give advice just was there</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p style="text-align: center;">When the men wanted to talk I made sure to acknowledge their feelings but not give my own opinions</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the 	<p style="text-align: center;">I was a little scared going I but quickly realized that it was a very safe and healing environment. I just wasn't</p>

<p>beginning?</p> <ul style="list-style-type: none"> • 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 had? 	<p>sure what to expect but once we toured the entire facility i felt so calm and happy that I got to be experience it. As the group progressed, I could tell these men had gone through a lot and still pulled themselves up with the power of support. I felt happy that I got to see all the men on their journey to healing. My most important feeling was probably gratitude I was extremely grateful for being able to experience the group with these men and even just to see the facility in itself</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>the thing that stood out to me most during aspire was how healing and non-judgmental the entire group was.</p>