

## 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>during my time at the AA meeting I feel like I went in with a non-judgmental attitude and tried to maintain the therapeutic communication which allowed the patients to feel safe to share</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>So during my time there I realized that so much of the therapeutic communication or even therapeutic methods are used from the place of oceans or aspire but they continue not on even into AA to help the healing process continue. I think I learned how to just come in and be non judgmental that we're all people and all going through something and Alcoholics or addicts are still people. I think i could definitely use this experience to do better in my nursing career as I have a great understanding that people are people and we are all going through something and the best thing I can do as a person and a nurse is to offer as much support</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>There were several people there who had been addicts for many years and I would just recommend that they continue to seek the therapies and it's support that AA offers</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 going in with the non judgmental attitude and not trying to correct anyone or give my opinion. I think this allowed people to come in and be vulnerable. It taught me that people don't need other people telling them what to do they simply just need support</p>

<p><b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration</p>	<p>are utilized therapeutic communication by telling someone that I saw what they were going through and asking them how they felt I used the simplified dr Harrison version</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 first going into was kind of scared but I soon realized that these people are people. I just wasn't sure what it was about to walk into and even wasn't sure if they would be judgmental that we were there but they made me feel safe and they welcomed every one. The people there were very welcoming and very friendly and that allowed my friend Scotlyn and I to feel safe even just being there. I feel like that outcome was good I learned a lot from the people there. My most important emotion was probably compassion and knowing that these people are people and compassion is the biggest thing that anyone can give</p>
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	<p>what stood out to me most was how friendly they all were in non judgmental and just being true</p>