

## 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>I ensured I listened to instructions of my instructor and followed them about the environment. I put my staff in a place where it would not cause disruption in place.</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>I acquired knowledge of not judging people of substance abuse, because they have a history that we don't know behind it .I can use this in my practice, when dealing with patients with substance withdrawal, know their history, and support them through this journey with education on medication, support groups and offer therapeutic communication like active listening, and sitting in silence with them.</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 in the group, was withdrawing from alcohol, which was a couple of times. What I would recommend is attending AA meeting, taking medications frequently and group therapy, which they always have one three times a day.</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 wore decently to aspire, and came at an appropriate time. I followed instructions, given by the supervisor, of where to be on time, like on group therapies.</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 actively listening, at group therapies.</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> </ul>	<p>I felt happy to be there at the beginning. I was ready to interact and find out about what Aspire was about. This event made me feel empathy for people struggling with</p>

<ul style="list-style-type: none"><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>	withdrawal, because they have families to cater for.
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	What stood out about Aspire was, it was led by a couple that went through the drug withdrawal and wanted to create an environment where one feels, supported and cared for.