

Aspire, AA and Oceans Reflection (300 word minimum)- AA

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I introduced myself to the group, answered questions appropriately, and actively listened to each person's story.</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>I was able to apply classroom knowledge during group by offering silence, when necessary, that allowed the client to sit with their thoughts and think about what they are going to say next. I can apply this learning to any events that occur when something negative has happened, it can help when receiving difficult news. From my experience in AA, I learned that substance abuse is a disorder that can take your life in an instant, and not to discriminate who you treat in healthcare.</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>One client in the group was 12 days sober and newly trying to figure out her priorities. A few concerns I might have might be how she manages her stress and utilizing coping skills. I would possibly suggest meeting one on one with her sponsor to address triggers of stress and how to manage them.</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>I maintained professionalism by active listening and engaging when they would ask questions. Something that I thought was interesting was how time orientated the group was. It has made me open to conversating to more people while having time management.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by using open ended questions when speaking to the clients.</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? 	<p>At first, I was nervous being in a new environment with new people. I was thinking that I was just going to go</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>in, listen and leave. Leaving the meeting, I felt like everyone there genuinely wants to get better. Hearing how they get through their day and preserving through each adversity, amazes me. It makes me feel like I need to work on my own management skills, and self-determinations.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>At AA, something that stood out the most was the diversity of each person. One client has stated that someone had told them that they didn't even look like a "drug addict."</p>