

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>I followed instructions about the group meeting in AA. I put my staff close to me where it won't bother people. I sat during the whole meeting and actively listened.</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 can apply the knowledge of sharing ones experiences to other members. This gives support to know they are not alone, and also provides them with help on how to deal with their situations. I can practice this in the future by, directing my patients to attend the AA meetings where they get the support needed. I learned that it is important to share your feelings and stuff that you have stuffed up, to other people because, you might not know, if you will get help.</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 talked about feeling depressed and wanting a change. Some recommendations would be talk to someone about it, and see if they can help you. Try some anti-depressant medication and attend group therapies. Promote healthy habits like sleep well eat healthy food and exercise.</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 dressed appropriately. I followed instructions given by the leader of the group. I kept time and talked to the members after.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I actively listened and collaborated with activities in the group, like reading chapters and sharing ones situation</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? 	<p>My feelings in the beginning was unsure about what was going to happen, but I still followed through. This</p>

<ul style="list-style-type: none">• 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>even made me feel grateful about being healthy and well. The most important feeling I had was inspiration about, the support that each member gave to another.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most about AA meeting, was the support that came from the members and leaders. They encouraged one another to continue pushing with sobriety.</p>