

## 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>The aspect of safety I saw while on my clinical rotation was that the workers had to keep all the men's razors when they weren't being used. I also got to see that they have a designated cabinet that was locked up with everyone's medications.</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 know the stigma people have towards alcoholics and addicts and how these people's illness can be misunderstood. Coming from a place where I see almost all the time a family of alcohol addiction it hits home and makes me understand why this person does the things they do just from hearing from other recovering alcoholics. I feel like knowing how to cope and understand this disease helps with what this certain family good through and how I can maybe help them also.</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>With this specific patient, I would recommend finding a good support group/friend group. After hearing the conversations that were going on, he had mentioned that going back to the wrong friend group would eventually get him into trouble which would lead to his relapse.</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 introduced myself to the group, and while each person was talking I was active listening and acknowledging what they had to say.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I feel like even though I couldn't specifically relate to the patient, I could validate and understand where they were coming from.</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><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 I was unsure about what to expect. I feel like when you hear about these sorts of places its always looked at in a negative judgmental way. As group went on, it was very educational and honestly great to see that these men VOLUNTARILY come back to group to better their life and the disease they are facing. Even though I am not fighting what these men are, the feelings and how it can lead to something potentially bad is something I can genuinely relate to in a different way. So hearing how to cope with feelings was great to hear. The most important emotion I felt was understanding. Nobody knows what a person fully goes through. To know that some of these men are around my age, or just dads with families and then just hearing what went on in their life makes me more aware and understand why things happened the way they did for them. Was very very educational.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The main thing that stood out to me the most at aspire was the bond and friendship that the workers had with the patient and the relationship among the patients. It was very nice to see how supportive everyone was with each other.</p>