

Aspire, AA and Oceans Reflection (300 word minimum)

<p><b>Safety &amp; Quality</b> Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I maintained a safe environment by attending the AA meeting with a fellow student. We tried to read the room and observe without distracting/ disrupting the class. We came prepared and ready to observe.</p>
<p><b>Clinical Judgment</b> 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>During this meeting I noticed how hard it truly is for people to break their addictions. I also noticed that they heavily relied on their vapes despite being in a non-smoking session due to them replacing their past addiction with something comforting to them. It became apparent how heavily they relied and looked forward to seeing their peers in this meeting to uplift and relate to. I can use this knowledge that I gained to uplift others going through rough times and find a therapeutic group session for patients to help uplift and encourage them. I learned that these group sessions really are helpful and uplifting to these patients and have helped them to walk in recovery along side others with the same struggles.</p>
<p><b>Patient Centered Care</b> Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One of the girls visiting the group talked about how she was newer to the group and still had some intense temptations to get back to her lifestyle before working on sobriety. She says that she knows she is on the right track and doesn't want to get back to her old lifestyle but sometimes really struggles. I would recommend that maybe she visits 2 AA meetings a day like some of her peers. Many peers mentioned that they would go when they were feeling tempted and tried encouraging her to do the same.</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 a professional demeanor while listening to this group by being very self-aware of my expressions and posture towards these people. I avoided any comments or postures that could be considered judgmental and really worked to show compassion and encouragement in an uplifting way.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I did not communicate a lot because I didn't want to take away the time for the people that really wanted to share. They did ask that we introduce ourselves when it got to our turn and say what was on our mind. I used this to introduce myself and tell them that their group really did seem to be uplifting and a positive environment. It was apparent that they could lean on each other in times of weakness. I often nodded with some while they spoke to agree that what they were saying was understood and encouraging.</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>I was nervous in the beginning because I had never been to an AA meeting and didn't know what I was going to experience. I remember thinking, "This is going to be interesting." I felt a little out of place during the event and was very thankful that I didn't have to go by myself. While listening to them share, I took away some interesting main points that were made. One being, "sometimes you have to hit a rock bottom big enough to promote a change." This was interesting because although they know these substance addictions are ultimately killing them if they don't have a reason to change, they won't. I think the most important emotion I felt was encouragement. If it encouraged me who doesn't really relate, I feel like it was very uplifting to those going through it.</p>

**Evaluation**

What stood out the most about Aspire, AA, or Oceans

Community plays a huge role in the recovery process.