

Aspire 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 feel like I just tried to stay back and allow the patients to do their own thing; we didn't get a lot of time to really interact with the patients, but I wanted them to feel safe while in group to talk about what they wanted/needed to.</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 definitely able to apply my knowledge of substance abuse disorders. When we met the owner, Robin, he spoke with us about the different substances they help with and the kind of symptoms they see. Mainly that alcohol is the deadliest detox that they deal with. It was interesting to hear him speak about it as it was easy to tell that he knew what he was speaking about and he really solidified everything we had already learned in class.</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>There were two patients who had been through rehab multiple times and had come to an agreement with their partners that they would both go to rehab and work on themselves, but the men had not held up to their end of the bargain, so they are trying again. So really I would just try to make sure that they are wanting this for themselves and not just doing it to keep their partner happy, because Their sobriety will not hold if that is the case.</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>Because I did not have a lot of interaction with these patients I don't know how much professionalism I could truly show, but I did try to be respectful whenever someone was sharing in group and truly pay attention to what they were saying.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I don't think I had the chance to utilize therapeutic communication, but I did hear the employee who lead the first group ask a patient "and how do you feel about that" after they shared an experience so it was a good example of therapeutic communication to me</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? • 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>I felt better going into this week than last week because I had the experience with Oceans. When speaking with Robin, I thought it was extremely interesting how much freedom the patients get and how they really work with the patients to get them the help they need even if they don't have the money to get that help. I also thought it was extremely cool that Robin and his wife, Erin, were both recovering meth addicts. It was definitely inspiring to see how far they have come from originally going through rehab in 2001. I also liked how relaxed the environment was. All of the staff was extremely kind and seemed to have a great relationship with the patients.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most was how nice the facilities were and how much freedom the patients had. They are allowed to have their phones at certain times of the day until they get farther into their rehab, then they can have it all the time.</p>