

## 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>I maintained space and let the groups be themselves to avoid them feeling infringed upon. I didn't want to intrude on them heavily because the process that they're going through is already hard enough.</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>Sitting in a circle helped promote vulnerability and connection. The same was achieved through them eating meals together and doing recreation together. Utilization of the twelve step program and a group leader also kept them on track and pushed them towards improvement.</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>There weren't a lot of people at aspire this week, none of them stick out to me as concerning but over the weekend they did have someone go into psychosis and have to get taken to the er and then admitted to oceans. I would just like to see him having the appropriate med regimen and environment.</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 made sure to have good conversation with respectful and understanding speech while also not making any assumptions of them because of rehab. I also made sure to not share tons about my personal life, mainly to not intrude but to also remain fairly anonymous.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I made sure to use assumptive terminology and leave most of the room for others to speak. Most of the time they were in group so I primarily was listening.</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 feel pretty inspired by the way that aspire does things. They're not your average rehab experience and the guys that you see there seem to be heavily improving and are aware of the need to no just get sober nut stay sober. It was a really enjoyable experience.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out most was just the community. Those guys know each other well and the therapists as well. Cooking and eating lunch together as well as improving together. Aspire has had the best community I've seen so far.</p>