

## 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>Sitting close to the door to provide space in between myself and the group while also maintaining my safety.</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>During group, I was able to hear about symptoms each client had with illicit drug withdrawal and a few that had experienced severe alcohol withdrawals. The therapist was talking about the different stages that take place when involving drugs and/or alcohol. Stage 1 was you are feeling good, family is still good, schoolwork may have a bit of a decrease in grades but overall, everything is still standing. Stage 5 is when everything seems to be falling apart, family is distant, losing jobs, becoming financially unstable, etc. I was able to use my classroom knowledge to be able to notice the symptoms of withdrawal but what can also happen if they overdose.</p> <p>The therapist was talking about being off the “train tracks”, and when you get back on it ultimately will result in a worse relapse.</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>I had one client who had been using and selling Fentanyl and this was his fourth time into a facility. I would recommend that he continues to reach out to his sponsor and keep attending his therapy sessions.</p>
<p style="text-align: center;"><b>Professionalism</b></p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p> <p>(What has this taught you about professional practice? About yourself?)</p>	<p>I was listening to each client and being non-judgmental, while also providing positive feedback when they were sharing their stories.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I collaborated with both the patient and the therapist, and used “tell me more” when my client was explaining his substance abuse.</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</li> </ul>	<p>The atmosphere at Aspire was very calming, it was more of a “house” a place where these men can live in with TV’s, pool tables, hot tub, swimming pool, indoor/ outdoor kitchen. This made me feel good as these clients do not feel like they are in a stereotypical “rehab” facility. I could tell all the men really wanted help and wanted a better future for themselves. They all seemed to be working hard and taking each step into sobriety.</p> <p>The outcome of this clinical was inspirational, getting to hear each</p>

<p>outcome?</p> <ul style="list-style-type: none"><li>• What is the most important emotion or feeling you had?</li></ul>	<p>testimony and how each client felt about their addiction, and what they will do to change for themselves and their families.</p>
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most about Aspire for me, was all the men acted as if they were family. They all worked together, hung out together, and lifted each other up.</p>