

Aspire, AA and Oceans 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>something that I did to maintain a safe environment was not push patients into answering questions if they didn't feel comfortable. When asking my patient about the depression and suicide scale, my patient shut down and I did not continue with the questions until she was ready to talk.</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>Something I learned from listening in on group was active listening. I think I can use this in my future practice because sometimes patients really just need to vent and need someone to listen and might not have the support system at home. I think active listening is something I need to work on because I think sometimes we get too focused on the medical diagnosis and not the mental health aspect of a patient's needs. in group, the therapist sat facing the patient had no other distractions and made sure that the patient knew that she was listening and understanding what the patients were saying and feeling</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>One patient in group that I had was there for schizophrenia and was having negative hallucinations. One thing that I would recommend is for that patient to continue to go to group because in group she opened up about what she's hearing and seeing how that affects her on a daily. I think for her specifically group is a good way for her to communicate what's going on, so we have a better understanding.</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>One way that I remain professional throughout this experience was to not judge anybody based on their diagnosis and what they're there. we truly don't understand what these people are going through and I think in the health system we're quick to judge</p>

	before we hear them out and understand what they're going through
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>One way that I utilize therapeutic communication and collaboration was by listening to the patients and not judging them for why they're there. I also would ask them questions such as if they have a good support system and what do they do when they feel like they're going through something.</p>
<p>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>at the beginning, I was nervous going in because I was not sure what to expect. I think going in I had this idea of what a mental hospital was but once I got there, it was completely different. After the experience, I have a better understanding of mental health and some of the struggles that these patients deal with every day and ultimately enjoyed my experience. One of the most important emotions or feelings that I had was sadness for some of the patients because I feel like they don't have a support system around them that understands truly what they go through and what they need to be successful.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>something that stood out to me at oceans was how involved all the nurses and texts were. They were all compassionate and want to see their patient succeed.</p>