

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>To maintain a safe, quality environment, I was proactive and read the Code of Ethics as well as dressed according to the dress code. By doing so I was aware of the facilities policy prior to arriving & I was dressed so that I could be easily identified as a guest.</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>The 12 steps for addicts is something I believe everyone can apply to their personal lives, including those of us who are not addicted to drugs. The 12 steps are not easily understandable to the average reader; therefore, it must be broken down to layman's terms so that the person can truly understand the goal of the program. Knowing that we all suffer form of addiction, I can understand my future patients much more and provide the most comfortable unbiased care possible.</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>I am unable to identify one individual out of the group, however as a whole, I am empowered by their strength to receive help and change the trajectory of the rest of their lives. I would recommend individual one-on-one mental health counseling for a long duration of time so that they are able to continue their healing journey and sort out all the things that led them to use in the first place as it is not a linear one directional approach.</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>I maintained professionalism by being prompt/on time and presenting myself in the manner I'd like to be treated.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Understanding that they were strong men who are taking accountability for their own lives and actions, I wanted them to feel comfortable and to be themselves and not be ashamed. They would apologize frequently or feel the need to withhold statements in their group sessions, I communicated that we are all human, we all make/have made mistakes and there was no need to be ashamed of anything, be yourself and nothing less.</p>

	<p>Those trials and tribulations are what led you to be the man you are changing your life for the better.</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>I loved this clinical experience. I truly believe that what the owners are doing is purposeful and impacts a lot of people in amazing ways! I have been an empath and hearing those men's stories really pulled at my heart strings. But I was relieved to know they are receiving help and building a foundation to the life they want, not only for themselves, but their families as well.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most to me at Aspire was the relaxing atmosphere. It is a space that has been crafted for people to still be people and not be restricted.</p>