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Aspire, AA, Oceans Reflection (300 word min)

Safety & Quality

I shredded the medication sheet prior to leaving to keep my patient's information safe.

Clinical Judgement

On both sides the group therapy discussed topics on coping. On the adult side they discussed strengths that help you work through problems or difficult circumstances. They highlighted how these strong aspects can help spur you on as you work through the depth of hardships. Since we had not had lecture yet, my previous knowledge was limited, but I could tell that everyone in the group was not guarded, but open to share their hearts. I can absolutely apply the learnings to all events in life. The therapist was assisting in them discovering the power of these virtues not just for now, but as life skills. The teen side used identified maladaptive schemas which represent deeply ingrained patterns of thinking, feeling, and behaving. In schema therapy, the goal is to help individuals recognize and challenge these maladaptive schemas and develop healthier ways of interacting with the world. I learned that the wounds that are not dealt with, will come back and deal with you.

Patient Centered Care

The one client that I am most concerned about is Ryan. I would recommend that he continue to go to therapy and address the issues that make him feel vulnerable, helpless, and hopeless. Such as his friends, his job, and his lack of plans for his future. I would recommend that he and his therapist come up with plan A, B, C, D, and E. I would recommend that he and Sarah also discuss how to use the awareness of his schemas and how or what he needs to unlearn and relearn correctly or the truth and value of his worth and importance.

Professionalism

I maintained professionalism by addressing all clients and staff with respect. I was dressed appropriately for clinicals and was on time.

Communication & Collaboration

I utilized therapeutic communication by keeping good eye contact and having a relaxed body posture. I used some open-ended questions to help lead them into sharing why they were there and how they felt. I also listened attentively and asked questions to make sure I understood what they said.

Feelings

I was a bit apprehensive at the beginning, due to my previous psych experience at Audie L. Murphy in San Antonio thirty-two years ago. I was thinking to give this rotation a chance and not judge it based on prior events. Even though it was hard on my heart to witness such brokenness and hopelessness, I was grateful for this opportunity to meet these amazing people. They just do not realize how amazing they are, and that the God of the universe knows them and calls them by name. He created them with a plan and a purpose. My heart hurt for them and that they believe that they would be better off dead. I felt better after I visited with them. I was overjoyed to hear that patient K is moving on to the next healing chapter in her life. I felt better after listening to patient R participating so openly in group therapy. The greatest emotion I encountered was gratitude to have met them and the opportunity to continue to pray for them to encounter full recovery and restoration.

What stood out the most about Oceans

I felt like most of them were really invested in getting better. The interactions that I had were positive and allowed me a greater perspective for those who suffer from mental health disorders. I felt honored to be there these last two days. Thank you for the opportunity.

