

Aspire Recovery Reflection

Safety and Quality:

I provided a safe environment at Aspire by being kind and attentive during the group meetings. The individuals felt comfortable sharing their experiences in their sessions with me there.

Clinical Judgement:

From the content I have learned in lecture, I observed that the group leader ran his meetings in an autocratic way. He had control over the group which led to the members answering questions and talking about their experiences to the leader. The leader would provide feedback and be supportive of the comments that were being expressed to him. The group discussed that being an alcoholic means that they will always be an alcoholic. For instance, the leader gave an example by stating that a person with diabetes will always have that disease even if their blood sugars are normal. He made this connection to being sober for over 20 years means that you will still always be an alcoholic. I found this to be insightful because these people have to manage their addiction every day to keep themselves clean.

Patient Centered Care:

One member in the group discussed how his addiction had been taking a toll on his relationship with his wife and kids. I believe that family counseling would benefit this patient because he has the drive to better himself for his family, but is unsure if they will be receptive to him when he comes back from treatment.

Professionalism:

I maintained professionalism when a member had blurted out an inappropriate comment about women, which he immediately turned to me and apologized. I did not take offense to his comment and accepted his apology.

Communication & Collaboration:

I used therapeutic communication when I asked a client how he was doing while being at Aspire. He replied by stating he had a court mandate for rehab, so he had a negative outlook before he came, but then his mindset had quickly changed since his short time at this facility.

Feelings:

At first, I felt nervous before coming to Aspire because I was not sure what to expect, however my nerves quickly went away after meeting some of the men there. They were open and friendly which made me feel comfortable to be there. Listening to what they were discussing in the meeting made me become aware that everyone comes from different walks of life which

influences their decisions. I found myself feeling proud for the people at Aspire because most of them decided for themselves to get help and become sober.

Evaluation:

What stood out to me the most about Aspire is that the men there were very encouraging to the other individuals around them. I can tell that they can rely on each other, as well as their group leader during their journey to sobriety.