

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>In order to maintain a safe, quality environment, I introduced myself in the group so there would be trust and not any worries within the group members.</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>In the group therapy, we listened empathically, and I watched as patients talked about their personal triggers. I have learned that substance abuse is usually not associated with the drugs itself, but most of the time is with a trauma or mental health issue the patient might have.</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>There was one client there that told us he was there because he had a court order and had to be there. He was questioning if he even was an addict and ended up leaving the group early. I would suggest having him sit and listen to what was being said in the group since I noticed he would get up and leave to the restroom or use his phone while everyone was discussing.</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 speaking in a professional way to the clients and not asking too many personal questions that could have been overbearing.</p> |
| <p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p> | <p>I used therapeutic communication when we talked to the client that did not want to be there. We listened to his reasoning as to why he thought he was not an addict as he believes that it was associated with a girl,</p> |

| | |
|---|--|
| | <p>he had just broken up with that he was with for five years.</p> |
| <p style="text-align: center;">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 was a little nervous at first, since I knew we would not have any instructors with us, but the owners made me feel very safe and allowed us to express any concerns and made us feel welcome.</p> |
| <p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p> | <p>I have been to the pavilion in Amarillo, so I was expecting it to be pretty like that, however I thought it was a beautiful place for men to go get care. I also liked how involved the owners were, it really showed me how much they truly cared.</p> |