

Aspire Reflection

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<p>Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>What I did to maintain a safe and quality environment was put my belongings away during the group time to</p>
<p>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>While I listened today, I was able to apply that substance use is not a stigma. These people all had some great careers, happy families, owners of their own businesses. I was someone who stigmatized substance use, I never grew up around it, but it's very real in any scenario. I can apply this in my future practice by understanding this in any scenario. Nothing just affects one group of people, it's not okay to stigmatize something because you do not know someone's story. You need to treat everyone with the same respect as the next, you never know what they are going through.</p>
<p>Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One person who stood out was a newer client to the facility. He knows he has a problem but based on his words tonight he was having a hard time accepting the problem to start his recovery process. A recommendation I would have for him is to continue to push himself to go to the group, even today he drove past the site many times but ultimately showed up. So many people were supporting him even when he was just wanting to give up, and being in that environment would be very good for him.</p>
<p>Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p> <p>(What has this taught you about professional practice? About yourself?)</p>	<p>I maintained professionalism by putting my belongings away and maintaining open body language to show my active listening during the group.</p>

<p>Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by actively listening during/ paying attention to the group. These people come and talk about some very personal things, and to not be engaged can hurt their feelings and shut them down.</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 was nervous at the beginning, but after some time I began to feel very comfortable. At the time I'm not sure what I was thinking at the time of arriving, but it was not what I was expecting. The event made me feel empowered in a sense. The topic tonight was about communication; ineffective and effective. This is a topic that does not just pertain to addiction but everyday life and I was able to take a lot from it because it is stuff I need to work on as well. The meeting today was truly amazing and I loved this was the one I was able to come in today. The most important emotion I had after the group was appreciative. Appreciative for my life and appreciative for what I learned tonight.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most to me was seeing where everyone is and how they can all come together and help one another out. There was a man there who has graduated from the program but continues to come out because he knows this program helped him and he wants to help others out who were just like them. They all have the same goal and it's not all about them, they are there to help one another out and hold each other accountable.</p>