

Aspire 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>I think I did a great job with active listening. These men need people that they can share things with and presence is such a big thing for them. I think it is also important that we keep everything anonymous for the safety of the men.</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>Our group meeting was over effective and ineffective communication. Communication is such a big factor in everything we do in our life and it was a great reminder for me to listen to the conversations I had and realize that I can always improve my communication in certain areas as well.</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>One guy discussed how it was still difficult to communicate with his wife at times, because she still brings up the past. My recommendation was to be patient with her and see things from both points of view, because his wife is still healing as well. He discussed that he was more calm in the situations and it was helping the both of them a lot.</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 think I had a great attitude about this and was willing to learn new things. Being present is such a big concept and so important for these men, and I think we did a great job at that.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>We introduced ourselves and met others and I felt like they had respect for us. A big part for us in this meeting was active listening. We stayed engaged the whole time and responded to the men when they asked us questions.</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? 	<p>I was not really sure what to expect for my clinical at Aspire Recovery. I was excited and nervous at the same time. As we got there I was very comfortable because everyone was so welcoming there. In the group meetings, I felt all different emotions. There were many laughs, but there were also tears shed in some of the men and it was just amazing to see. In the group meeting, there were mostly graduates who had already been through the program, but there was one man that had never been there before. The guys got to joke around and tell stories about their pasts and how it compared to their present lifestyles. The guy that had never been there opened up and was saying how he knew he needed help and he was in</p>

<ul style="list-style-type: none"> • What is the most important emotion or feeling you had? 	<p>tears talking about his life. It was amazing to see this all playing out and how every other person there was so welcoming and took this guy in as their brother, and they all wanted to help him because they know exactly what he is going through. I was sad in this moment, but the strongest feeling I had was a sense of hope for this man. He was saying that he has never gotten any help before, so I felt like it was just such a great testament that he was finally reaching out for help.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>I had such a great experience at Aspire Recovery. I would definitely recommend this place for anyone needing recovery help. It was super nice and the environment was amazing! Everyone there was super nice and welcoming. The people that were there recovering were amazing to hear from and hearing their stories was so awesome. To hear where they were in their lives when they first came to Fire Sky Ranch and to see how they are now in their journeys was great to see. This gave hope to others who were just coming into the facility as well. It also just gave me another point of view to never judge anyone. These people look just like normal people that we encounter with in our everyday lives, and it just gave me a reminder that we never know what others are going through. I am so thankful I got this experience!</p>