

Aspire, AA and Oceans Reflection (300 word minimum)

<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>To have a safe, and quality environment I was quiet and heard all of the peoples truths. The people that were in the group were able to express themselves freely and not judged by the other people there.</p>
<p>Clinical Judgment 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>As I listened during the group I was able understand that everyone is going through something in life, but others manage their pain in different ways. I was able to have therapeutic communication and just be present in the moment. I was able to see things in a different point of view. Finally, yes I can apply the therapeutic communication in other events. I can use these techniques to be able to really just hear the patients and not jump to conclusions. I have learned that everyone needs help at some point and time.</p>
<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One client in the group was talking about just running away from AA. He was tired and really wanted to do the substance he was on before getting into AA. I would suggest that when he has these thoughts to go talk to someone who he trust in the group. I would suggest he use distractions like journaling, playing cards, or playing basketball to help with these thoughts.</p>
<p>Professionalism 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 presenting myself to the group leader and letting him know the reason I was there. This has taught me to be more open when being in a new environment and to ask questions when appropriate</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by being present and letting the group member that I was there to listen to them and not judge. I was present and did not speak. I also clapped when they achieved a new step in life.</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>At the beginning I was very nervous, I did not know what to expect. I didn't want people to think that i was invading their privacy. The event made me realize that everyone needs a good support system to be able to achieve the best outcome. Second, the word and actions of others made me realize that I need to not judge especially when I don't know their background and what they've had to do to survive, and it made me feel empathy yet also want to help people get back to living. Finally, the most important emotion I had was I was relieved. I felt relieved because I could see that the people that were in the group really wanted help with their addictions. I could see that they were in a better path than what they told.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The thing that stood out to me the most was the way everyone got along. Every person that was in the group gave advice and praised each other.</p>