

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>I maintained a safe environment by presenting myself to the group of people that were in the rehab center and making sure I was active listening when they started to talk about their addictions.</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>As I listened to the group, I was able to understand the drugs that the people were using because of the substance abuse lecture. I was also able to understand the medications they were using to taper off. Second, I can apply that knowledge with other drugs/alcohol other people may consume. I can also understand that quitting a drug or ETOH is a good thing but the withdrawal phase is very dangerous and can lead to death. That when a person is ready for sobriety, medical attention will be needed to help with the withdrawal phase. Finally, what I learned at the clinical is that the people there really wanted help with staying sober. I also learned that most of the alcoholism and drug abuse reflects trauma they endured as a child or adolescent.</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 of the clients that was in group was a young male that had been in various rehab centers. He felt that him being there was going to be a waste of time, and that he was scared to fail and return to his old ways. I would recommend him to stay at Aspire until the leader feels he's ready to be released. I would also recommend that</p> |

| | |
|---|--|
| | <p>he continue going to outpatient meetings as well as find a great sponsor that can help him when he's ready for discharge.</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 arriving on time and dressing according to the clinical. I also demonstrated respect and confidentiality when I arrived and left Aspire. I was also respectful toward my peers and the people around me. Finally, this has taught me that if you are respectful with the people around you then you may learn something important. It also helps with people feeling comfortable.</p> |
| <p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p> | <p>I used therapeutic communication by being an active listener and asking questions when appropriate, as well as respecting their privacy.</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>At the beginning, I was feeling nervous. I was scared that I would say the wrong thing, but as I started talking with the people around me, I became comfortable. The owners and people that were there were very respectful and even served us lunch. Second, all the men that were in the rehab center were very respectful and introduced themselves to the group. Finally, I really enjoyed this clinical experience. It made me realize that everyone has different ways to cope and that there are different ways to help with that coping.</p> |

Evaluation

What stood out the most about Aspire, AA, or Oceans

The thing that stood out to me the most was that everyone was very welcoming and respectful. The workers and the owners were very sweet and even gave us a tour. The facility was beautiful and even had a pool. I was astonished on the beauty of the facility.