

## Oceans reflection - Morgan Brooks

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>to maintain safety I made sure I had no pens/ pencils on me, I did not bring my phone, I did not wear any dangly jewelry or necklaces.</p>
<p style="text-align: center;"><b>Clinical Judgment</b></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"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<p>During the group I was able to apply knowledge from the classroom towards group therapy. We learned that it is a great place for people all alike to come together and express their feelings and say what they need to say. Just one person can trigger a chain and it was nice to hear some of the more vulnerable things because it was some release for the patients. It is a great place for people to learn they are not alone, they don't have to struggle alone, and people are indeed there for them.</p> <p>I am not sure how I can apply this in my future career, but if I ever do need to start group therapy (within my scope of practice) I know it will be a safe place and each one needs it as much as the rest.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One patient that I had concerns with was on the west side. Everything was a joke to this patient and did not seem like he cared or wanted to be there. Recommendations I have for him is to actively participate, step out of his comfort zone (even if its baby steps at first of writing out feels before speaking them aloud). The only way to get better is if you're willing to try. If he's not trying and he is released bad things could happen to him or others, or he could just end up in a facility like this again in a vicious cycle.</p>
<p style="text-align: center;"><b>Professionalism</b></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 coming to clinicals in the appropriate attire. Another way I maintained professionalism was by keeping confidently and not talking about my patients without reason or loudly for everyone to hear.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p>	<p>I was able to use therapeutic communication by the use of silence while</p>

<p>Describe how you utilized therapeutic communication/collaboration</p>	<p>listening to a patient's story. There was a lot to it, a lot of emotions, and stuff I did not know how to respond to. I know it felt good for her to say what was on her mind, and I hope it helps her out and is the start of some healing.</p>
<p style="text-align: center;"><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>● How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> <li>● What is the most important emotion or feeling you had?</li> </ul>	<p>I was scared to come to Oceans initially. I had never gone to a place like this or dealt with people fighting the battles that they were in there. I was scared for the environment I was going to be in. I can gladly say that I really enjoyed the experience. There was no point where I felt scared to be near anyone or when we joined them in group therapy. Everyone was truly great, they were kind and shared some personal information that can be vulnerable to share at times. Overall the most important feeling I had was fortunate. I was fortunate to learn about some of these disorders from unbiased people who were not scared to share, and fortunate to really see and understand that anyone can have hard times and need help, and to never judge a book by its cover.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out was how nice the patients were that I talked to. Of course there were a few that did not want to be there or be bothered, but most people were super nice, friendly, and were not afraid to tell their story. How connected the west side was and friends was also a surprise but very nice to see.</p>