

## Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p style="text-align: center;">We participated in the group meeting and were nonjudgmental when the members of the group were speaking.</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>As I was listening, many of the members talked about the times that they had relapsed, including the people who they had lied to and behaviors they had acted upon in order to get their fix of whatever their addiction was. I remember learning about drug seeking behaviors and some of the things they had stated lined up with what we had learned in class. I can apply these to other events because the drug seeking behaviors I learned about happen outside of the hospital as well. A big thing during the meeting that stood out to me was that the people in the meeting are very nice people, and that just because they have/had an addiction doesn't necessarily mean that they are a bad person.</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>There was a client whose spouse had some sort of liver impairment, and he was struggling on how to deal/cope with the reality of the condition progressing. I would recommend that he go and see a therapist/physician who can help him get his head around what is really happening with his spouse and why.</p>
<p style="text-align: center;"><b>Professionalism</b></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 maintained professionalism by listening to the meeting and listening with an open mind and being very receptive.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p>	<p style="text-align: center;">I was very attentive when the members of the group</p>

<p>Describe how you utilized therapeutic communication/collaboration</p>	<p>were speaking, whether it was to me during the break or to the entire group during the group time.</p>
<p><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 a bit anxious at the beginning, just due to not really knowing what to expect from the whole thing. The event made me feel proud of the people who were there actively trying to better themselves, as I know some people who struggle with addiction that refuse to seek treatment. I felt very welcomed by everyone in the group, as they seemed open and receptive to having us there, which eased my anxiety a lot.</p>
<p><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The thing that stood out the most to me was the fact that everyone that was there wanted to be there. All of them were not only trying to stop their addiction but stay off of their addiction forever.</p>