

## 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>I maintained a judgement- free mentality and attitude during session time. I also listened intently and participated when the opportunity presented itself.</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>I grew up in a household of addicts, so I applied my personal experiences and knowledge from lectures in order to understand the discussion.</p> <p>I do think I can take away from my experience in the group session to apply to my patients in the future. It will make me a better nurse no matter what specialty I go into because you never know what underlying struggles patients may have.</p> <p>I really enjoyed my time at Aspire! The environment was very welcoming and not at all as I expected. It was interesting to hear the group members' thought processes and reasonings for different issues discussed.</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 one client who seemed to be struggling with understanding the topic being discussed. He seemed to be deflecting and unwilling to open up to several suggestions the group members gave him. I would have suggested a one-on-one session for this patient because the group setting did not seem beneficial for him at the time.</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 listened intently and took notes on the session material. I made sure to ask questions during and after the session.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I communicated and collaborated on ideas for the group members that would help their experiences not only maintaining sobriety, but in their home/work lives.</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> </ul>	<p>I was very nervous at the beginning of this clinical experience. I thought it was going to be a very formal session. I also struggled with feeling like I was invading the group members privacy by attending their session. The exact opposite of what I expected happened. The owners and group members made our experience a great one. I definitely felt more comfortable and at ease as the night went on. Overall, I had a great time at Aspire. It is a great resource that I will remember for others in the</p>

<ul style="list-style-type: none"><li>• How did you feel about the outcome?</li><li>• What is the most important emotion or feeling you had?</li></ul>	future.
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	It was a very welcoming environment the entire night. The group session was casual which I felt encourages the members to participate more.