

Aspire, AA and Oceans Reflection (300 word minimum)

<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I maintained a safe and respectful environment by saying Hello when they introduced themselves. I always prioritized the emotional safety and dignity of all members. Also, the importance of confidentiality and mutual respect.</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>I was able to integrate classroom knowledge on addiction, group therapy dynamics and personal experiences shared by participants. I was able to understand the emotional and psychological challenges of addiction, which helped me better appreciate the importance of a supportive community. Clinical experience has reinforced the value of active listening, nonjudgmental support, and the impact of shared experience in promoting healing and long-term recovery.</p>
<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One client shared that they were struggling with intense cravings of drinking and feelings of isolation after recently losing their job because of it. They expressed how tired they were of relapsing over and over again and a lack of motivation to attend meetings and being consistent with them. I would recommend encouraging the client to increase their meeting attendance for added support and accountability and getting a sponsor if they haven't already. Also, suggest connecting them with local employment resources or counseling services to address the external stressors that lead him back to drinking.</p>

<p style="text-align: center;">Professionalism</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 showing respect to all participants and actively listening without judgment. I recognized that my role was to observe and learn rather than intervene. This experience reinforced the importance of humility, and empathy. It taught me to be present and attentive, helping me grow in self awareness and sensitivity as a future nurse.</p>
<p>Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>By practicing active listening, maintaining open and supportive body language. I was careful in creating a nonjudgmental presence allowing group members to feel heard and respected. This experience highlighted the importance of compassion, patience, and respect in fostering meaningful connections and reinforcing how effective communication can support individuals in their recovery journey.</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>I felt a mix of nervousness and curiosity unaware of how open the group would be to a nursing student that was there just to observe. I was struck by their honesty and vulnerability which made me feel humbled and honored at the same time to witness such personal experiences. The words and actions of the members, offering support, and encouragement made me reflect on the strength found within all of them. It was hopeful and inspiring to see how powerful peer support can be. The most important emotion was respect, both for the individuals in recovery and for the resilience they showed in their journey.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire,</p>	<p>Was the deep sense of honesty and connection among</p>

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the group members. Everyone shared openly without fear of judgment, creating a powerful atmosphere of mutual support.