

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>Promoting a Calm, respectful atmosphere. Supported group meetings reinforcing a culture of recovery and mutual respect. Implementing structured daily schedules that supported clients therapeutic goals, including timely participation in counseling, group therapy. Positive role modeling to clients, encouraging engagement and personal growth.</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>During group at the men’s drug and rehab I observed how the therapist guided the discussion with motivational interviewing techniques, which directly connected to what I had learned in the classroom about patient centered care and stages of change. My knowledge of relapse prevention strategies helped me better understand the coping mechanisms being discussed. I can use these insights to ask more purposeful questions, listen more acutely, and build stronger therapeutic rapport.</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 shared he turned to alcohol due to high stress, family and personal problems with work. He expressed some guilt as he stated this has been his third time there. I would recommend individual counseling to address emotional triggers. Introducing stress management that could help him navigate high risk situations.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p>	<p>Maintained professionalism through respect communication and active listening. Being present in a vulnerable environment required me to be mindful of</p>

<p>(What has this taught you about professional practice? About yourself?)</p>	<p>my body language and tone showing empathy while also respecting each client's story. It taught me that professionalism is about showing compassion and creating a safe place for others.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by practicing active listening and maintaining open body language. This experience showed me how effective communication can foster trust and encourage clients to engage more openly in their recovery process, emphasizing the importance of patience, presence, and genuine interest in their experiences.</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>I was actually very excited as I have heard this was a really good experience. As the session progressed, I felt humbled by their honesty and their stories. The words and actions made me think about the strength it takes to confront addiction and the importance of having a safe space to do so. Their openness made me feel more connected and inspired. I felt positive about the outcome.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>The raw honesty and vulnerability shared by the clients. Hearing them speak openly about their struggles, setbacks, and hopes for recovery. It was powerful to witness a nonjudgmental environment and also how powerful the therapist (owner) was as well.</p>