

## 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>Checked to make sure a patient was not following us in and out of the doors.</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 really enjoyed the groups! The two groups that I attended the topics were anger and coping skills. We received information and spoke about ways to cope with anger, and I found them extremely helpful. I can apply these to my relationships not only at home but in the workplace for more productive results.</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 of the clients in our group was very sweet and talkative. She was also a great artist; however, she did speak negatively about herself often. I would like to find a way to help her through that. I would suggest one on one therapy.</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>Throughout the day we did have a lady with Tourette's syndrome, and she would yell out "pow pow m.fer" and I was very proud of myself that I did not laugh. She would apologize right after she would say it, and it did look like she was genuinely apologetic, however, that may be easy for some but for me not so much.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>When I spoke with my patient this morning, I just spoke to him like a person and not a child or a person with something wrong with them. We just talked. He did cry and I was understanding and empathetic. I think more than anything he just wanted someone to listen to him with no judgement! I also got him to color even though he didn't want too!</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>This morning speaking to my patient he was telling me about how his sister passed and how lonely it has been. Although I was affected by what he said, I maintained a neutral expression and continued listening to his story. I have recently lost my mother due to cancer, and I also lost my brother due to a farming accident when we were young. Empathy was the most important feeling I had today.</p>

**Evaluation**

What stood out the most about Aspire, AA, or  
Oceans

The faculty was great and the facility was kempt.