

Aspire Reflection (300 words minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	I would introduce myself to any new member or client I met and would use good body language so I would not trigger or intimidate anyone.
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • 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?	During group at Aspire, the counselor talked about many topics, one including overgeneralization, same as our theories and therapies lecture. This topic really did help emphasize the meaning of overgeneralization as I heard examples from the counselor and real-life scenarios from the “clients” on how we can easily put our situations into that category. If possible, I could use this in future practice to help a patient find a different perspective on a situation that may have them feeling bad or down as they categorize it with other scenarios. I also learned that many of us think alike in situations or conversations where we can run with something we interpreted in our head that really wasn’t as big as we ourselves make it.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	Aspire is a laid-back facility, so the few hours I was there I could not pinpoint one client. Also given that the men were in group 3 of the hours I was there. Though, I did see one client in group who was on his phone majority of the meeting, and I feel if he is voluntarily there to receive treatment, he could have the common courtesy to not be on his phone during the session.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I was punctual to the 1300 group meeting as Robin said to attend that two-hour session in the pre-brief meeting we had in the morning. I also contributed in group where appropriate and asked to.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I engaged in active listening, reflection, and used sitting in silence with the people I spoke with at aspire.
Feelings • 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	I was excited to see a new facility as I always am, but I was also nervous in the beginning not knowing what I was walking into. I was unsure of what I was going to see because, that I know of, I have never come across anyone in recovery or addiction and I don’t know what the people who are, are dealing with through the disease. There were a lot of strong words used, but in great context given the situation and I did not feel uncomfortable. I had a lot of empathy through

outcome? What is the most important emotion or feeling you had?	the experience because I do understand there is a lot that everyone goes through, and they were not shown the correct coping mechanisms throughout the journey.
Evaluation What stood out the most about Aspire, AA, or Oceans	At aspire, I loved how respectful the client and facility relationship is. Also, it is just beautiful what has been built there.