

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>I would listen to everyones stories about their life with no judgment. I also maintained eye contact and let them know I was engaged with what they has to tell me.</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>I personally enjoyed group because there were topics being discussed that i could relate to myself. One thing that I have noticed is we have a mindset to think that mental health communities have a 'bad people' criteria and that is the complete opposite. A lot of times we can have the same issue going on in our lives but everyone is different and so is their brain so they may react different</p> <p>I can apply this to my previous knowledge because I am guilty of thinking like that and I am so glad I had this oppurtunity to see my mindset was so wrong.</p> <p>I can use this to improve my care for futures patients by sitting and learning about them because that can open up alot of trust.</p> <p>One big thing I learned is life is hard and everyone has bad days and thats okay mental health is importatnt and the people in these facilities are important and are worthy of the same things we are.</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>My one client I would identify would be Corey. He was not my patient but he caught my attention I am concerned he really does not have anyone to rely on and that makes me nervous for when he gets out. I would recommend continuing to talk to him and discusss his feelings some more.</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 feel like I maintained professionalism by not judging when some things were said but were not okay to play into. I would just say, 'okay' to acknowledge them and go on with the conversation.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized theraputic communication by maintainning eye-contact and not turning away from my patient.</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 feel like at the beginning I was really nervous about what I would see.</p> <p>I was thinking I was not going to be good at this.</p> <p>This event made me feel grateful and very empathetic to others</p> <p>The words and actions of others made me think that you really do not know what people go through and all the challenges they might face.</p> <p>I felt that the outcome was good I will absolutley have everyone in my thoughts and prayers and I wish them all the best.</p> <p>I would say hopeful they way everyone was treated in there made feel very hopeful for what is out in the world and people are still kind.</p>
<p style="text-align: center;">Evaluation</p>	

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