

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 style="text-align: center;">I went in with an open mind. When I left, I didn't share with anyone someone's story.</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 style="text-align: center;">Just that addiction don't discriminate and could happen to anyone. Always making sure your own feelings and judgement don't get in the way. I feel you can apply this to most any event. That every day is a choice and you personally have to be willing to make the change. Someone else cant want it for you. You have to be the one that wants the change.</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 style="text-align: center;">One guy kept saying I think I am going to relapse when my grandma dies. I found that concerning because he has come to believe that the only way to cope with stress is to drink. I would suggest that he try to just focus on that one day and then tackle the next day.</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 style="text-align: center;">I made sure that I didn't take a situation I have had or experienced and made it more important then what they are going through.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p style="text-align: center;">When they would speak, I would say I think that is a great idea how you dealt with that. I would speak up and say I was thinking this but I can see how someone with this addiction would see it that way.</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? 	<p style="text-align: center;">I was very nervous and afraid they would think I was judging them but the more we were there, they</p>

<ul style="list-style-type: none"> • 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>respected they we are there. They also loved that we were involved with the discussion. I left there feeling better about myself and that each day I get to wake up and decide and choose how I am going to conquer that day.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The heart of the owners. The way it feels like a home and a place that everyone can belong.</p>