

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>During the AA meeting I contributed to a safe, quality environment by simply listening. This particular day was open discussion, so all of the members took it as a day to tell their stories of addiction and how they got to where they were now. I recognized how that could be scary to share, so I maintained a safe environment by making sure to show I was listening whether that be a nod or a response to something they said. Lastly, at the end we were asked if we had anything we wanted to add or say about our experience there. Everyone was a bit hesitant, but I spoke up and explained to them how I thought it was very admirable that they were willing to share their stories with us as I know how hard that can be when new people are around. One of the members responded with, "That means a lot, thank you." After that I was glad I spoke up and said something because I knew they felt in a safer place.</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>Having the therapeutic communication lecture before attending the meeting was very useful for this type of group therapy. Everyone had different levels of communication and ways they received information. Having those differences made me see how using different parts of therapeutic communication will be useful for different people. No two people are exactly the same in how they communicate and that was very evident while we were there.</p> <p>I can use this to improve my practice further by making sure to listen to my patients and even maybe ask them how they would like to communicate or how they want me to communicate with them. As mentioned, no two people are the same and in asking these questions it helps to build rapport and allow the communication process to run smoothly.</p> <p>From this clinical, I learned that simply observing my patients can give me a lot of insight. I've learned that when you stand back and watch/listen from a distance you learn so much before you even meet or talk to someone.</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 client from the group that stood out to me was one who verbalized that they did not feel safe going home alone and being by themselves because they knew what would happen. This raised concern for suicidal ideation, so a recommendation I would suggest would be to keep them with someone at all times and keep them busy. When observing this member in the group I noticed how content they were when helping the group leader with their baby. It seemed that little things like this gave them a feeling of not being alone, so I think they would benefit from being included in a lot of activities. Although I do recommend this, I do also think this member would benefit from therapy</p>

	to bring out those emotions and find out exactly why they feel they wouldn't be safe going home alone and if they have suicidal thoughts.
<p>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>	I maintained professionalism by utilizing techniques that were learned in lecture. Active listening and reassurance were some of the biggest things that I felt showed my professionalism towards the members participating in the meeting. I think that speaking up and letting them all know of the impact they had on us showed me a lot about myself. It can be easy to remain quiet and shy, but I feel like this is the first time I decided to speak up and let someone know of the impact they had on me. I also felt my professionalism came into practice when the leader asked why we were there. We were all a little hesitant to speak and I felt the need to communicate the truth. I respectfully explained who we were and why we were there. It immediately made them even more relaxed; I am not sure why I did not expect this response, but it made me feel better that it made the members feel more at ease.
<p>Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	Although I didn't speak much during the meeting, a big part of my therapeutic communication came from active listening. I made sure that each member got my full attention and that I maintained eye contact so that they felt heard. I also made sure to make the meeting about them by reassuring them that we were grateful to hear their testimonies as it was very impactful on all of us.
<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? 	In the beginning I felt nervous because I did not know what to expect. I could tell that some members weren't expecting us, but I tried my best not to put thoughts in my head that I wasn't for sure were true. Once we sat down they gave us a moment to introduce ourselves and after each introduction everyone said hi to us and even said they were happy that we were there. That immediately calmed my nerves and made me realize that it was a very welcoming environment and I didn't have to be nervous. The outcome of the meeting was very good; hearing everyone's stories was very eye-opening, and I realized a lot about how much they utilize God and their faith to get through their struggles. The most important feeling I had was at the very end when a member told me that it meant a lot to them after I explained how admirable it was for them to willingly share their lives with us. It really opened my eyes to the fact that I should always be sure to let someone know of their impact on me because those words can also make an impact on them.
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	What stood out to me the most about AA was how each member never left out how they felt their AA group was their family. Each one of them mentioned something about it being like their home and their family that they never had. I realized in that time that AA wasn't just a share and move on type of thing, but rather a very welcoming setting where

	everyone truly cares for the improvement of each other's lives and the strengthening of their hope and faith.
--	---