Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	To maintain safety participants were asked to sign in and out when leaving. The group sat in a circle and everyone was offered equal speaking time. This offered a safe space where participants felt equal and all included.
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?	Yes, I was able to relate back to lecture when several of them discussed their addiction and how they knew when it was time to stop. I recognized participants discussing tolerance and the need to continue using more. I also recognized several of the withdraw symptoms from alcohol such as tremors, diaphoresis and high blood pressure being explained. When someone explains how they truly felt in their experience it helps me to paint a clinical picture and know more of what to expect when I do see this come across in practice.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	One male in the group, around age 36 shared his struggles with addiction. I noticed in his story telling that he still struggles with temptation and loneliness daily. I would recommend for him getting involved more in his AA group of choice. Potentially volunteering to help serve at some meetings or just coming more frequently. This would allow him more interactions and therefore less loneliness.
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 maintained professionalism by stating my name when everyone was doing introductions. I sat with the group and practiced active listening. While listening to the participants and their storied I realized that taking the time to really listen to my patients in the future can not only help them, but can help me to know how to best navigate their treatment.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I really tried to remain eye contact or at least remain looking at the speaker when it was their turn to share. Nodding my head to show I was engaged and listening hopefully made a good impact on this as well.
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?	I was nervous at the beginning of this experience. I felt like going in they would be able to tell I didn't belong in the group, or that they would have some judgmental attitudes towards me. I quickly noticed upon walking in that everyone was super welcoming and never questioned my intentions for being at this meeting. Everyone that attended was super open to sharing their stories and allowing us to be apart of the experience. It made me feel more empathetic and made me realize you really cannot judge someone by their cover. You truly could not tell by looking at some of the people that addiction would ever be an issue in

• How did you feel about the outcome? • What is the most important emotion or feeling you had?	their life. This experience was overall very eye opening and I am glad I got to experience this clinical.
Evaluation What stood out the most about Aspire, AA, or Oceans	