

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 maintained a safe quality environment by not taking anything into the facility that could be harmful to myself or the patients. I also feel like safety was maintained when we introduced ourselves and thanked them for allowing us to be there. This shows that we are there with a nonjudgmental attitude and allows participants to feel comfortable to open up as they usually would in group.</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>The presentation in group therapy discussed Freud and his beliefs on the ID, EGO and SUPEREGO. It also brought up cognitive distortions and defense mechanisms. Each participant was encouraged to share examples of each of these once the leader went over the meaning. I feel like this really helped me tie in our theories and therapies lecture. I got to see how these were really used in a clinical experience and hearing the examples clarified a lot of the meanings. I can for sure use this in my practice by being able to recognize when someone may be presenting with distortions or defense mechanisms and be able to navigate that situation better.</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>There was one young man in the group that discussed his experience with the inpatient program that he completed 4 months ago. He mentioned that since then he had relapsed, but has decided to start the journey to become sober again. For this patient I would recommend staying consistent with his outpatient program, making sure he has contact with his sponsor and attending as many therapy sessions as he can. I think he wants to stop, but he hasn't fully committed to uncovering the feelings behind what is causing his addiction. Support and consistency will help contribute to the best possible outcomes for this patient.</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>Professionalism was maintained again through introduction and participating when the speaker involved us in the group.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication through active listening. Also, during dinner one of the men shared some of the reason for being there with us. I remembered from lecture to avoid questions and to use the "tell me" phrase to respond.</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? 	<p>My feelings when arriving were very calm. The facility has a very welcoming and calm milieu. I really enjoyed the owner giving us the history and welcome speech before we came into contact with the patients. It helped paint a picture of what</p>

<ul style="list-style-type: none"> • 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>they were about and made us feel very at ease. When doing the tour all the patients were very welcoming and opening to us being there. By the time we got to group I felt comfortable and had no issues from there. Us being there early and getting to introduce ourselves helped the men feel more at ease with us being there as well.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most about Aspire was the calming and home feeling environment. It was really cool to see the patient staff interact and even patient to patient. It felt like a big supportive family. I really enjoyed my experience here.</p>