Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	To maintain the safe, quality environment I made sure to remain very attentive to who was speaking and utilized aspects of therapeutic communication to ensure the members knew that although we were there as students, it was still a safe environment to share their thoughts. When touring the houses and rooms I was sure to remain careful not to invade privacy and always greeted anyone that I saw in the rooms.
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?	During the group session I was very interested in the discussion because I felt the members had a very meaningful conversation. The group's topic for the day was "Surrender" and I felt that it was very applicable to the group's situations. At first I did not know what the presentation was going to entail and what exactly it meant, but the group leader did a great job of explaining everything and opening the room up for participation. In the presentation there were pieces that included the Id, Ego, and Superego from Sigmund Freud's theory as well as explanations of the conscious versus the unconscious. The speaker brought up these terms and explained to the group what they were and how they affected their lives through their addiction. Another thing that was discussed were defense mechanisms and how they hindered the ability for the members to know what it was that was holding them back in their addiction. Overall, I felt that I gained a new perspective on addiction as well as new knowledge on how I can help others through my own understanding.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	One client in the group asked how they knew what it was that they needed to surrender. He explained how he wasn't sure there was anything he needed to let go of to help with his recovery, but that he thought that it was just because he didn't know how to find it. From this I would recommend that he continue therapy and specifically psychoanalytic/psychodynamic therapy because the free association could allow him to surface the unconscious that he may need to surrender to help progress in his recovery.
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 introducing myself to everyone I met and always answering their questions. I was also actively listening and tried to ask questions or participate where I could. During and after group I was sure to respect the privacy of the members and made sure to be engaged in the group so that everyone felt at ease with us being there.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	During the group activity, a lot of the members were active participants so practicing therapeutic communication came primarily from active listening. I made sure to maintain eye contact with whoever was speaking and show signs of listening by nodding or even replying quietly to show them I was understanding what they said.

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? • How did you feel about the outcome? • What is the most important emotion or feeling you had?	At the beginning I felt very open to learning what Aspire was all about; I came with every minimal knowledge, so I was just excited to see exactly what it was. When I first got there I felt nervous but once the owner began to explain to us what they do and how they help the community I was very interested. The way the owner spoke to us showed how meaningful their therapy was and how much he truly cared for what he did. The staff member that gave us a tour was a therapist that worked there, and she was so welcoming. She showed us everything and in doing so always greeted anyone we ran into. Every time a member talked to her it was so easy-going, and you could tell the dynamic was very close. After getting a rundown and attending the group meeting I felt that the outcome couldn't have been better. I felt very welcomed and could see the compassion of each person there. That being said I think the most important emotion I had was gratitude, it felt so nice to know that there were places like this that truly cared for helping the community facing addiction.
Evaluation What stood out the most about Aspire, AA, or Oceans	What stood out to me the most when at Aspire was how everything was so thoughtfully made and presented. They did an amazing job of creating a safe place that was also therapeutic. One of the things that the owner mentioned was how they wanted to provide a place where those with addiction could experience enjoyable things while sober. That really stood out to me because not every place is able to create an enjoyable environment that way. They have kitchens where they cook their own food, a basketball court, swimming pool, workout area, games, hot tub, and more additions in the works. I think this is a great place with a calming environment for those recovering from addiction and/or detoxing as the process is very emotionally and physically stressing.