

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;">At Aspire I maintained a safe, quality environment by protecting the facilities milieu and the comforting calming presence that it offered.</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;">During the meeting at Fire Sky Ranch, the group leader went through a power point of key attributes to help the clients recover from their substance addictions, many of the key attributes were what we discussed in class. For example, one slide covered Freud's ID, Ego, and Superego. The group leader explained the importance of acceptance to allow the mind's superego to guide the client in decision making.</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 client in the group had graduated through this program once before; He then relapsed and was back. He stated that his downfall was his desire to be in control. He told himself he could steward his own actions, yet he could not. This patient would benefit from an action plan to prevent further relapse in the future. He could identify his triggers and know how to cope in a more effective way.</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 maintained professionalism by attentive listening. The group leader demonstrated professionalism by asking therapeutic questions to the clients that were individualized and encouraged the other members in the group.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p style="text-align: center;">Although I did not actively talk with the clients, I provided non-verbal therapeutic communication by</p>

	<p>listening with non-judgmental facial expression and body language. Supportive silence is another therapeutic response to clients.</p>
<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? 	<p>I think the whole program is very helpful for the clients and a great option for patients who need care with substance abuse. I think the supportive milieu encourage patients to be comfortable, vulnerable and work to build healthy habits. I felt that therapeutic communication is beneficial to patients' mental health. I got to see the impact and severity of mental health on people's overall health from substances and the importance of recovery to maintain a physical and mental healthy life.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>I will take away the importance and impact of catharsis and how group therapy positively impacts clients.</p>