

## Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>Kept a certain distance between myself in client when speaking with them. Talked in a calm voice and engaged when listening.</p>
<p style="text-align: center;"><b>Clinical Judgment</b></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"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<p>I made sure I didn't put my opinion or experiences to belittle the clients in the room. I learned different coping skills that others can use. I learned the importance of the nurse in this type of environment at Oceans. I learned the importance of checking on people every 15 min.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>I had a schizophrenia patient that seemed to not really engage in group setting but did well with 1 on 1 time. I would recommend them giving him 1 on 1 therapy if possible.</p>
<p style="text-align: center;"><b>Professionalism</b></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>Having empathy all while keeping personal experiences to self so that they don't feel their situation is any less. I did realize just how sad some of the lives people have gone through or going through and to not have the support of love ones. I sure wish family members could be on the other side of a glass looking through.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Spoke in a soft voice and made eye contact and was engaged in listening.</p>
<p style="text-align: center;"><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> </ul>	<p>Honestly I was nervous that I would be attacked from behind. But after I got in talking with them I loved it so much and realized these are everyday people with some of the same stuff I battle. I did wonder a lot about the people that did pace and made me wonder what goes on in there head and how could I possibly help. Over all this was such a good experience for me. I did become</p>

<ul style="list-style-type: none"><li>• What is the most important emotion or feeling you had?</li></ul>	very emotional during group as I felt super bad for the clients and what they have gone through.
<p style="text-align: center;"><b>Evaluation</b></p> What stood out the most about Aspire, AA, or Oceans	How they are everyday people just wanting to get better.