

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 respected the fact of why they were there and acknowledge each person and made eye contact and respected the environment of the place.</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>Being able to admit they have a probably was very therapeutic and how each one stated that without the support from the group and certain individuals that kept them accountable, it wouldn't be possible with the progress they made. Being able to recommend people to these types of groups and being able to witness 1st hand that it does work if you put in the work to get 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>One gentleman had been sober for 8 years and then relapsed for 3 months. He said what hindered him is having to work all the time and not being able to come to group for the support. I would suggest that he tells his work or ask if he could miss work to attend group so that he has that constant support.</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>By respecting the fact they are there and not putting any bias perspectives into action.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I made eye contact, spoke in a soft and caring voice and was engaged and interested in what each person had to share. I applauded each person for their stories they shared.</p>
<p style="text-align: center;">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? 	<p>I was super nervous and felt out of place. I honestly was thinking, these people are going to think I am an addict. It was a bikers group so I felt at times they were rough but I can come out saying</p>

<ul style="list-style-type: none">• 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 are super nice and was so proud of the progress they have made and how great the outcome is for them to have each other.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>The support system they have and how it is so very important for them to have this. I think it is an amazing group to have.</p>