

## 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 style="text-align: center;">I remained alert and aware. I also respected the attendees privacy.</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 style="text-align: center;">It was very different to see it in person and hear the struggles that come along with alcohol withdrawal and battling addiction versus just reading and learning about it in class. Based off what we learned, we know how serious the symptoms of alcohol withdrawal are, but I was not aware of the continuous battle they will always have to fight. I heard from several people who have been 3-10 years sober and how hard it still is each day.</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 style="text-align: center;">There was one person there who had a relapse earlier this week and this was his first meeting back since. You could tell he was experiencing some of the physical withdrawal symptoms, but you could also tell the mental toll it was taking on him. Based on what I heard, the mental aspect of alcohol addiction is often worse than the physical aspects themselves.</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 style="text-align: center;">I maintained professionalism by staying engaged and actively listening. I even got to sit with a few of the members after the meeting and get to know them better.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p style="text-align: center;">I utilized therapeutic communication by being an active listener. A lot of the members just need a listening ear to be able to get some stuff off their chests. Many of them stated that these meetings help them be able to decompress by speaking about things that have been weighing heavily on them.</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><li>• What is the most important emotion or feeling you had?</li></ul>	<p>At the beginning of the meeting, I was a little apprehensive due to the fact I had never been to one. However, once speaking with the director and seeing how welcoming everyone was, I became a lot more comfortable.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most to me was the atmosphere of this specific meeting. Unlike other AA groups that I have heard about, this one was a lot more laid back. It was specifically held by a biker club and had a quite a few people. I really enjoyed how they talked spiritually and not religiously. They had their own chants and sayings they would yell, which I thought was very awesome. Overall, it was an amazing experience, and I would love to attend again to see how well they continue doing.</p>