

Aspire, AA and Oceans Reflection (300 word minimum) Cynthia Rodriguez

<p><b>Safety &amp; Quality</b> Describe anything you accomplished to maintain a safe, quality environment</p>	<p>By introducing myself and sharing a little about me, I believe it made others more comfortable when it was time to share their stories and battles.</p>
<p><b>Clinical Judgment</b> 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>When the therapist used open ended questions to encourage a patient’s self-reflection, I recognized this as a strategy in interviewing to get the patient to describe how they are feeling.</p> <p>I understood the importance of therapeutic communication and active listening, without being judgmental. Empathy and patient centered care are essential, and I can use this experience to strengthen my ability to assess factors and recognize readiness for change in patients. I’ve learned that recovery is not linear, and it takes courage to seek help.</p>
<p><b>Patient Centered Care</b> Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One patient shared he left recovery yesterday and smoked. He shared his scary experience of feeling psychosis and understanding that he did not have the same tolerance as before. A concern for him is that any time he tries to use it again, it could keep him in a psychotic state. I suggest the patient calls a safe person or a safe place to go.</p>
<p><b>Professionalism</b> 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>I maintained professionalism by displaying active listening and non-judgmental responses. I was mindful of my tone and body language. This experience taught me the importance of humility and also cultural competence in building trust.</p>
<p><b>Communication &amp; Collaboration</b></p>	<p>I used non-verbal communication by nodding and</p>

<p>Describe how you utilized therapeutic communication/collaboration</p>	<p>maintaining eye contact to show engagement while each person shared their feelings.</p>
<p><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>I felt empathy and understanding about some struggles. I was able to relate to some stories since people in my family struggle with alcohol addiction. It hits a lot closer to home, and I believe I am more understanding than someone who has not experienced addiction with loved ones. The therapist had the patients complete an exercise to help track where they began their addiction and where they currently stand. It really help me understand what some people experience internally , and not only what the outside world is viewing on the person struggling.</p>
<p><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>We all face challenges and battles that can bring us down in life, the resilience and courage these men have after the many years of addiction is beyond inspiring. Most of us who do not deal with addiction can give up so easily on life and the trials we face. They might not know they encourage people like myself, to not give up and as long as we wake up to see another day, there is always time for change.</p>