

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;">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;">Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</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;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</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? • How did this make you feel? • How did you feel about the 	<p>I felt nervous at the beginning and felt out of place. I was thinking these people are judging me for being here and just not knowing what to expect. Once the meeting got started I was made to feel welcomed, like my presence mattered, my story was just as important as theirs. It made me think that those who truly want to</p>

<p>outcome?</p> <ul style="list-style-type: none"> • What is the most important emotion or feeling you had? 	<p>change can do it, you can learn to love yourself and change for yourself. I felt proud to have gone and heard the struggles that some of these people have endured and how they are holding true to their new selves even when life is throwing things back at them. The most important emotion I felt last night was the feeling of joy and happiness for these people. It takes a lot for someone to cut a habit and continue to fight for this new person they are becoming. I was proud of each of them for taking the steps or even the first step to starting over and retrying to better themselves. I felt honored to have been able to be there and hear it all. They thanked us for being apart of Covenant, because to them we are part of what a difference for them to embark on this new journey, a piece to their life long puzzle if you will.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out most to me was the environment, they were all one big happy family and cared for each other. All those in attendance seemed at ease and at peace, they were relaxed and inviting. I pictured AA meetings to be so serious and no one wanting to talk but here it was like everyone had something to say, they were all being silly and not at all shamed but proud of each other and their own progress.</p>