

Kellie W. Aspire 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>We were introduced to the staff so that we knew who they were if we need anything which I felt covered the safety part. This way we knew who to find if we needed anything or had any concerns while we were there.</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>With previous knowledge about addiction that I had I was able to identify folks in different stages of recovery. There were also two new people who moved in today so I got to learn a little about that and the intake process. From this clinical and attending the groups I learned that some things that might sound simple and easy to me are actually a lot harder for folks in recovery. It seems like in the beginning its hard for them to look for a positive but eventually they come around. Something brought up in group that I recognized from class were the terms mind reading and future telling.</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 patient that stuck out to me was a man who seemed to have lots of built up anger. My concern was that he was going to let his anger consume him. My recommendation would be for him to continue group therapy and also have one on one therapy that is more specific to what he is going through.</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>I had to maintain my professionalism with the way that I talked. To all of the people living there. I wanted to get to know them without coming off as nosey or rude with the way I asked questions. I had to use therapeutic communication sometimes when I talked to them.</p>
<p style="text-align: center;">Communication & Collaboration</p>	<p>I used therapeutic communication talking to these</p>

<p>Describe how you utilized therapeutic communication/collaboration</p>	<p>people. We were able to eat together and hear about some of their hard times. I met someone that I knew there and when we were having conversation I had to use therapeutic communication to learn about his story so that it didn't come off like I was just trying to pry into his life since I knew him. I said things like " you seem happy here" which lead him to telling me about how his recovering at aspire and the positives of it.</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 outcome? • What is the most important emotion or feeling you had? 	<p>In the beginning I was nervous they would think we were annoying students but they were so nice. Everyone was welcoming and happy to be part of our learning experience. They made sure that when it was time to eat that we got food and drinks and napkins and had somewhere to sit. The most important feeling I had there was that those folks are very genuine. They want people to get better and they will do their part to make it happen.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>Aspire was so beautiful and very homey. I think it is important to add that that place smelled amazing !!!</p>