

**Aspire**, AA and Oceans Reflection (300 word minimum)

<p><b>Safety &amp; Quality</b> Describe anything you accomplished to maintain a safe, quality environment</p>	<p>Aspire provided access to the counselors at time if needed and provided access to different activities for the residents to do. They also give them resources/ assist in teaching them to learn new skills such as cooking.</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>I learned how some of these addicts think and process the things they encounter and how they react. I enjoyed seeing how group worked here. Topic we discussed was fear and Faith. To see that a lot of the clients had a fear of success or fear of failure and how they process it was interesting. The second group we discussed behavior therapy and how our emotions can affect how we react or how we interrupt a situation.</p>
<p><b>Patient Centered Care</b> Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One client in group stuck out to me because he seemed to struggle with battling his past a little, he became defensive super quick. He did not necessarily shut down but he was on guard to an extent of wanting to get his view across. My recommendation would be to work with him more one on one see what he is feeling or what his thoughts are looking like, explore the fears or find a good coping mechanism to channel these thoughts into.</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><b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration</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 was nervous in the beginning and did not know what to expect. I was thinking that yes this was a program to help addicts but I thought it might be more of the residences really detoxing and struggling and withdrawn. This was an amazing experience to the see the work that this program is doing and the help it is providing these recovering addicts. I enjoyed my time here and would love to be apart of something like this one day. It was truly a safe place to talk about your thoughts and how it is effecting your recovery or just your life.</p>
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	<p>The atmosphere stood out the most. They were like one big happy family, supporting one another, laughing and playing games together. It was a peaceful environment, the counselors had their own stories too where the could relate to those in the program.</p>