

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

Peter Nguyen

<p><b>Safety &amp; Quality</b> Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I maintained a safe environment by introducing myself to everyone and remained non-judgmental as they spoke and talked about their stories and struggles.</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>As I was listening, I was able to apply what I was hearing and seeing by noticing the people who had different feelings of denial, despair, hopelessness and getting to understand how this can be a feeling for addicts. In the future, I can use this knowledge to improve my practice by being more understanding of what patients may be feeling and how not all of them are experiencing the same emotions despite similar problems.</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 the group that I had concerns for was the one who felt hopelessness, despair, and judged. I would suggest them to reframe their thoughts and to have them recognize it is a day by day process.</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 stating who I was, who I was there, and by actively listening. This taught me about myself that I do not always want to talk to console someone. Sometimes people just want to feel heard and be heard.</p>
<p><b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by speaking to each person non-judgmentally and by congratulating them for their efforts in trying to do something difficult but beneficial.</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 honestly felt quite comfortable this time around. I felt like I was just being given another opportunity to hear other people out and see where they're coming from in terms of why they became alcoholics. I feel like the outcome was very beneficial &amp; helpful to others who thought nobody could relate to them. I do, however, believe it should've been more beneficial if it was &gt; 1 hour.</p>
<p><b>Evaluation</b></p>	

What stood out to me specifically for the Southwest AA meeting was how everyone got together at the end to pray the Lord's Prayer. Even if there were non-religious people, the prayer is a simple yet powerful reminder of how people should treat others, that is, we are forgiven as we forgive others, not IF, or when, but AS we forgive others. This reminded me that striving to help not only others, but also myself, requires ACTIVE, not passive, effort.