

<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I did and will continue to maintain HIPPA so that confidentiality is maintained. It is very important in all medical fields, especially in rehab.</p>
<p>Clinical Judgment 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>The leader talked a lot about what we learned in class! He talked about different theories like Freud's psychoanalytic theory vs cognitive behavioral therapy. He spent a lot of time going over some cognitive distortions like mind-reading, fortune telling, overgeneralization, and black-and-white thinking. I applied my knowledge from class and it really helped me understand the therapy group a lot more. I can apply these learnings by changing the way I think myself and in doing that better myself as a nurse. I learned so much about better thinking patterns and how powerful and dangerous our thoughts can be.</p>
<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>There was a new group member that hadn't joined the treatment, but was a guest and wanted to see what it was about. I would recommend he join the program. He was really into the therapy session, so I think diving into the full program will help him in his journey with addiction.</p>
<p>Professionalism 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 was professional by dressing well and introducing myself to the group with a good attitude.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I got to sit and eat with some of the gentlemen in the program. I sat with them and actively listened to their stories. I was engaged in the conversation and learned a lot from them.</p>
<p>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>I was feeling a little unsure about Aspire in the beginning, just because I know so little about rehab and didn't know what to expect. I thought the therapy was great. I might not be an addict, but the therapy actually helped me learn so much to better myself. The men were extremely welcoming and open to talking.</p>
<p>Evaluation</p>	<p>It was eye-opening to see addiction from a whole different perspective. I am used to seeing anything addiction related come in the ER. The ranch was beautiful, the group of men seemed very close to one another, and the environment as a whole was empowering. It made me happy to see so many men on the road to recovery and bettering themselves!</p>