Aspire (300-word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	I maintained a safe environment by always being aware of my surroundings. There did not seem to be a need to be on edge while there, but you never know these days.
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • 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?	We sat in two different group sessions this morning. The first one was an hour long and talked about the different types of masks we put on to cover our emotions. We can apply the TIC model to this scenario. When someone has a mad mask on, we can say, “I see your pacing. You look angry. Tell me more about what is contributing to those feelings.” Today, I learned that alcohol is a lot of times a coping mechanism for being angry or feeling worthless.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	One client in particular was telling stories with every step of the twelve steps that we listened to in the second group session. I’m not a therapist or psychiatrist, but I feel he was really trying to relate to the steps being taught and trying to figure out ways to remember them. It seemed like he was on a good road to recovery.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I maintained professionalism by not laughing at the off-handed comments everyone was making to eachother. I know they were just trying to deflect from the real problems and didn’t mean what was said.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I utalized this on one gentleman at lunch. He seemed a little sad. I used, I see, you seem, and tell me about it. He took really well to it.
Feelings • 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?	I was feeling a little nervous but excited at the beginning. This was a place that I had never even heard of before coming today. I was thinking, wow this is really nice. This looks nothing like state-funded rehab centers. After meeting with Robin, I felt it was a really unique rehab and was inspired by his recovery and need to help others overcome it like he did.

● What is the most important emotion or feeling you had?	
Evaluation What stood out the most about Aspire?	The beautiful ranch style that felt like a home.