

Aspire, AA and Oceans 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>During my time at Aspire I feel that the way that I maintained a safe environment was not in a way that would be done in a hospital, but in a more important way. This was by providing an attitude of open-mindedness, positivity, and encouragement. As a visitor to this group I felt it way important of me to go in and hear every one of these men out. At the end of the day, I am not there to judge, and I am grateful we are given the opportunity to listen in on such a vulnerable time.</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>While listening in during group the way that I can apply my previous knowledge to this situation is by comparing it to what we learned during lecture about theories and therapists. We talked about family therapy, and how important and beneficial that could be to individuals. After listening to all these men discuss I heard almost every single one of them say they could not do this alone. They need their family, friends, or community along their side. You also hear a lot of them point out the reason they want to get better is not just for themselves but for their family. The only way I could think of to compare my learnings to other events would be just in a hospital setting. To learn to be more compassionate and understanding other circumstances. I will use this information to further my practice by being more empathetic, as well as treating an addict the same way I would treat and cancer patient. I have not been in an actual clinical setting yet in this module, so I have not learned anything there yet!</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>There was a client in the group that really stood out to me from the rest. The reason that he stood out to me was because you noticed during discussion everyone in the group just participated without being asked. Everyone was willing to share their thoughts, except for this individual. I would like to point out though that I do not know anything about him other than his name, his job, and that he is a recovering alcoholic. I do not know if maybe he is just shy or maybe he is new to the program, but I would suggest that he maybe be more outspoken. Like I mentioned before it takes a community to get through what they are getting through. So, opening up could allow his recovery to be better.</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>Again, I would say I maintained my professionalism by being nonjudgmental and just overall hearing these men out. They are vulnerable and they want help, so I can do nothing but support that. Overall, I feel this experience taught me that everyone is going through battles that maybe we can't even imagine. Addiction does not discriminate, and anyone can be affected by it. I will take this into practice and continue to do what I can to bring awareness.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by actively listening during both discussion groups. I also achieved this by giving empathy towards these men, and although I may not have said it I really do encourage them to share their feeling because I want them to get better for themselves.</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, going into Aspire, I was just a little nervous. I had no idea what to expect, so I just went in open minded to what I was about to be apart for a couple of hours. This event made me feel happy but also sad. I was happy because these men want better for themselves, and that's great. On the other end I was sad. It hurts me to know that there are people out their wo must deal with these hard situations, and they just have a bad coping mechanism. I am happy with the outcome I have of this because I will be more understanding of others. I will also try to take this into my personal life and help the people around me. The most important emotion I had from this was happiness. At the end of the day, I am beyond happy for these men, and I am excited for their futures. They are capable of so much.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me the most at Aspire was their sense of community. The way they approach each other and support each other is just amazing to see. At the end of the day addiction aside they are just happy to be there and happy to have people to talk to. At Aspire they hear everybody out, and nobody thinks anything less of anyone. It is overall an amazing group.</p>