

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>For the most part, we sat back and listened and allowed the group members to talk along with the counselor.</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>The therapist used very good examples of Freud and Maslow's hierarchy of needs. While learning about this in class it did not feel useful, so it was very reassuring to hear him talk about it during group and it allowed me to realize it's essential to understand the basics to be able to therapeutically talk to these clients and explain things to them. I can definitely use this knowledge to move forward.</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>One of the clients stated that he had no more fight left in him and he was drained. I think finding something he enjoys doing and having therapeutic communication with him one on one would help a ton. I was very concerned about him and his mental health. I know it must be hard to wake up daily and not want to continue with life. I think just connecting with him could help him.</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>Not passing judgement as the client shared their stories. I would never judge someone, but I unfortunately think it is something that happens a lot with nursing around this group of people.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Sitting back and allowing the clients to talk without any judgment. Creating a safe space for people is always a key component to allow therapeutic communication to happen.</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? 	<p>It was very hard hearing all of the clients' stories and backgrounds. I found myself feeling very emotional on multiple occasions. It gave me a whole new perspective on mental health and this block. I found peace in knowing these people are actively</p>

<ul style="list-style-type: none">• How did this make you feel?• How did you feel about the outcome?• What is the most important emotion or feeling you had?	trying to better themselves and get help, and overall, I think that is the most important thing I felt through this experience.
<p style="text-align: center;">Evaluation</p> What stood out the most about Aspire, AA, or Oceans	I went into this experience feeling uneasy and uncomfortable, I left feeling very changed with an entirely new perspective which was very unexpected. I am so thankful for this opportunity, and I will carry out what I learned throughout my entire nursing career.