

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>Since some clients utilize wheelchairs to transport to different areas, I made sure to assist with moving chairs and other objects out of their way for easier mobility.</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>During group, the therapist discussed the thirteen cognitive distortions that are tied to ‘Stinkin’ Thinkin’” and how these different cognitive thoughts affect individuals. The therapist explained that we all experience these thoughts and they may contribute in how we feel about ourselves or others. In class, we talked about each distortion and what they meant, so hearing a bit more in-depth about each type of thinking helped with understanding them more. For instance, there was mention about sometimes individuals struggle to connect themselves with a good thing or believing praise and compliments from others, otherwise known as discounting the positive. All of the patients, myself, and fellow students had the opportunity to share which types of distorted thinking we feel relates to us. I shared that labeling is a thought process I experience in connection to being hard on myself when making mistakes. This experience allowed me to understand how these different thought processes affect the patients and connect to them in a manner that could benefit their care. Understanding how patients feel about themselves or others opens a path to therapeutic communication, which is especially important when caring for psych patients.</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>My patient on the first day explained her hallucinations and how they started again after she stopped taking her prescribed medication. She mentioned that she stopped because they made her “feel like a zombie,” so I would recommend inquiring to her physician about a different medication that she can take to ease her hallucinations and not affect her sleep or ability to function.</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>I made sure that I kept information that I received about several patients to myself and ensured to remain respectful as they shared their experiences.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>While interacting with my patients, I would ask open-ended questions relating to how long they have experienced an event or what about their experience affected them negatively. One of my patients was a bit tearful while sharing her experience and I asked if she wanted to talk about something more positive. She brightened up once she was able to share where she lived growing up.</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? 	<p>I was slightly nervous in the beginning since this was my first experience in a behavioral center, but I was excited to have a different kind of clinical opportunity. I enjoyed talking to all of the patients and knowing how their mental health affects them touched my heart. I loved being able to hear their stories and connect information we learned so far in class with</p>

<ul style="list-style-type: none"> • 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>the clinical experience such as utilizing therapeutic communication. I left the facility feeling happy but a bit sad that the clinical came to an end.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most about Oceans was the amazing mental technicians. They have a strong rapport with the patients and were very welcoming to us students. Some would explain a bit about what a patient was experiencing and why they were at the facility. The techs were among the most friendly staff I have interacted with during a clinical.</p>