

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>I was friendly and open to talk to anyone who felt comfortable interacting with me. Not every patient wanting to talk, so whether they wanted to be alone or have someone to talk to, I was willing to do whatever they were comfortable with.</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>Even though we learned about depression and anxiety in class, seeing the symptoms in real life helped put things into perspective. Not everyone has the same symptoms, so seeing how different several patients with the same condition are helped show how wide of a spectrum mental health can be. Most of the people I met were depressed, anxious, or suicidal, so this experience gave me an opportunity to use and practice therapeutic communication. I can be more considerate in the future, since there is a lot of stigmas on people with mental illnesses, but they are all just regular people who have feelings. I learned that everyone has their struggles, but having a support system can definitely help.</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 my patients had come in for suicidal ideation and has a history of MDD, GAD, and substance abuse. She was very anxious, but claimed the antianxiety medications did not help her and she did not like the sleepiness that came with it. So, even though she did seem less restless after taking the medications, I would recommend relaxing techniques (deep breathing and coloring) or maybe consider a different antianxiety medication that might work better for her.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p> <p>(What has this taught you about professional practice? About yourself?)</p>	<p>I maintained professionalism by using proper communication and patient centered care. It is always important to treat patients with respect and empathy, so communicating with patients who may have felt vulnerable sharing their stories was very impactful. Since communication is very prominent in psychiatrics, I was able to practice therapeutic communication and allow them to share their feelings.</p>

<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I was willing to listen to my patients' stories and their feelings. Nonverbal communication and silence are also important. By being empathetic and understanding, it helped me form some trust and support.</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>At first, I was nervous going into clinical, since it is a different environment and communication has always been something I have needed to work on. However, when I got there, everyone was friendly and easy to talk to. It made me kind of sad and surprised to see how many people were there for suicidal ideation or attempts. However, I enjoyed spending time and getting to know them, as well as learn about their stories. The most important emotion I felt was empathy. It is much different learning about these conditions in class versus meeting somebody who is actively facing these battles. So, I am very thankful to have had an experience where I can better understand and interact with this group of people.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>I saw that the importance of support and being around others can really help someone who is struggling with mental illness. Even though some patients preferred to be alone, going to group therapy and being in the main "living room" area with everybody can definitely help. Seeing patients create friendships after being there for a limited time, shows how impactful it is to have support and people who understand what they are going through. Group therapy also helps the patients express their feelings and provide different perspectives which can overall help their healing journey.</p>