

Kyrzeigh GONZALES

Aspire, AA and Oceans Reflection (300 word minimum)

<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I communicated in a respectful manner with the clients there, I abided by the Aspire code of ethics provided. I listened to the patients and their stories during group therapy.</p>
<p>Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: <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>	<p>I was able to integrate active listening during group therapy. The men who are taking part in Aspire really enjoyed our presence and enjoyed that we sat and listened to their stories and their struggles with addiction. I can use this to improve my practice in the future by remembering that almost everyone is affected by addiction in some way.</p>
<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>While we were in group, the therapist was talking about how when they are tempted or feel like they want to partake in drugs or their addiction that they need to speak up and tell someone that they are wanting to do so. One patient mentioned that after the group session that he was thinking and wanting to partake. The therapist walked him through what that would look like and talked to him about why he shouldn't do so.</p>
<p>Professionalism 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 maintained professionalism by providing patient centered care. I kept the clients the main focus and really listened to what they had to say. This will help my professional practice because patients are always the center of care and effective communication with a patient starts by keeping them the main focus.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I collaborated with the clients by partaking in activities they enjoyed doing like ping-pong, basketball, eating a meal with them,</p>

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<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>and attending group therapy with them. We got to see a day in their life in the journey they are partaking in.</p> <p>In the beginning I was excited and open to the experience because I really had no expectations and did not know that to expect. I had an amazing experience at Aspire. I felt very welcomed and informed about how they ran the facility, I felt at peace being a student and being welcomed by everyone as well. The owner and his wife were so kind and really made us feel welcomed so it made the experience even better.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most to me was how much the owner and his wife cared about what they do. You can really tell that they want to make a difference in these men's lives and that they know what they are doing. I think its important for people who are struggling with addiction to feel some time of normalcy when undergoing recovery and treatment & Aspire provides that for them.</p>