



## Aspire, AA and Oceans Reflection (300 word minimum)

<p><b>Safety &amp; Quality</b> Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I helped maintain a safe environment by attending the AA group with a classmate and consistently showing respect and courtesy to all clients, especially during group discussions.</p>
<p><b>Clinical Judgment</b> 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"><li>• What can you apply to this situation from your previous knowledge?</li><li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li><li>• What have you learned from clinical?</li></ul>	<p>I integrated my classroom knowledge during group discussions, where every client had the opportunity to express their feelings. One client started to share a story from his past but stopped himself, saying, 'Sorry, I forgot that the past happened — we only talk about the present.'</p> <p>This moment reminded me of something we discussed in class: 'Focus on the present and the now.' I realized that many clients carry pain from their past and are working hard to improve themselves day by day. They choose to focus on the present because they are striving to become better versions of themselves, not to be defined by their past mistakes.</p> <p>In my future practice, I can apply this understanding by recognizing what a client truly means when they shift conversations away from their past. It reflects their desire to grow and to be seen for who they are becoming, not who they once were.</p> <p>This clinical experience taught me that everyone is human — we all make mistakes, and we all have feelings. Listening to clients' stories helped me understand how often people are judged without truly being heard. It reminded me of the importance of empathy, active listening, and treating each person with dignity and respect.</p>
<p><b>Patient Centered Care</b> Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>I would offer advice to a client who feels like a joke to his family — someone who is constantly blamed for family problems because of his past. I would remind him not to take all the blame, even if that's something he's used to doing.</p> <p>I would tell him that he is the only one who truly knows the kind of person he is today. There's a reason he's making the effort to attend these groups and share his feelings — because deep down, he knows there's good in him, even if he still struggles to forgive himself for his past. Because as he mentioned, "I am a good person because I can forgive others just not myself."</p> <p>I would encourage him to keep coming to these groups, because they are a step toward healing, growth, and becoming the person he wants to be. Change takes time, but his willingness to show up is already a powerful sign of progress.</p>
<p><b>Professionalism</b> How did you maintain professionalism? You can review your clinical evaluation for ideas</p>	<p>I maintain professionalism by practicing active listening and accepting each client's feelings without judgment.</p>

<p>(What has this taught you about professional practice? About yourself?)</p>	<p>Through practicing professionalism, I've learned that I'm not someone who judges others for their actions. I believe that everyone makes mistakes, but with effort, those mistakes can be corrected. This experience also reinforced the importance of having empathy for one another.</p>
<p><b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by actively listening during group discussions and engaging in conversations when clients asked questions or expressed concerns. I made sure to respond with empathy and respectful mannered. I also noticed that all the clients in the group were very kind and welcoming, which helped create a supportive environment.</p>
<p><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> <li>• What is the most important emotion or feeling you had?</li> </ul>	<p>At the beginning of the AA meeting, I felt curious about how the process would unfold. As the session progressed, I began to feel a deep sadness. Many of the clients shared that they had lost their families because of their past actions, which was heartbreaking. I found myself wishing their families could see the genuine effort these individuals are putting into changing and becoming better versions of themselves.</p> <p>This experience brought up feelings of grief for the clients, knowing how harshly society often judges people based on their mistakes labeling them as 'horrible' without understanding their journey. It was especially painful to hear how some clients described themselves, truly believing they were the worst because that's how others saw them.</p> <p>However, by the end of the meeting, I felt a sense of hope. Every client expressed deep gratitude for the group, sharing that it's the only place they feel they can be themselves without judgment. The most significant emotion I experienced throughout this event was a sense of dignity for the clients and for the human capacity to change and heal.</p>
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me most during the meeting was the safe and supportive environment the clients created for one another. It was clear that attending these meetings brought them a sense of relief. They were able to openly discuss their mistakes and share how they are working toward change without being interrupted or judged. These clients truly have good within them, and I believe that, in time, they will achieve the positive changes they are striving for.</p>