Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	I contributed to maintaining a safe environment by staying close to my classmates while also engaging in conversations with clients in rehab to build trust and support, as they were all very kind and respectful individuals.
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • 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?	During the second therapy session I attended, the therapist discussed Sigmund Freud, a psychologist who believed that mental disorders often stem from unresolved childhood trauma. He emphasized the importance of helping clients understand and address the causes of these internal conflicts. I can apply this knowledge to future learning experiences by observing and analyzing clients' behaviors and attitudes to identify aspects of their id, ego, or superego. This understanding will help me determine the most appropriate way to approach and communicate with clients in a manner that is supportive and non-triggering. What I have learned is that every person has their own reaction and attitude towards things even though they are experiencing the same thing. Every person is different.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	One client who stood out to me was an older gentleman who expressed a sense of hopelessness due to his age and lack of family support. He shared that the only things keeping him from deteriorating are the rehab facility and the friendships he has formed there. For this client, I would recommend providing consistent reassurance and emotional support, acknowledging that while it may be difficult for him to accept help right now, his decision to enter rehab reflects a belief in the possibility of change and personal growth.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I maintained professionalism by actively listening to the therapy sessions and showing respect for the clients' experiences and the topics being discussed. When clients approached us for conversation, I ensured that all interactions were conducted in a respectful and courteous manner. This experience has taught me that I am an active listener. I am able to give others the space to speak freely without feeling the need to interrupt, as I understand the importance of allowing someone to express themselves fully and without judgment.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	Everyone at the facility, including the clients, were kind and approachable. They were open and welcoming from the start, often initiating conversations and even offering us small gestures of kindness, such as candy or assistance. As a result, I experienced no difficulties in establishing communication or building rapport.
Feelings • How were you feeling at the beginning? • What were you thinking at the time?	At the beginning of my clinical experience, I wasn't sure what to expect, other than encountering individuals struggling with addiction. I initially assumed that clients only

• 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?	came to the facility for scheduled sessions—I didn't realize they would be living there for approximately 50 days. This experience evoked mixed emotions. I felt sadness when listening to clients share their past experiences and the challenges they continue to face. At the same time, I felt inspired by their determination to change and move forward. It's clear that many are making a sincere effort to better themselves, even though the process is difficult. Overall, I feel hopeful about their journey. The facility's owner explained that they only accept individuals who are genuinely committed to recovery, which reinforces my belief that these clients have the potential to transform their lives and eventually forgive themselves. The most significant emotion I experienced throughout this clinical was empathy.
Evaluation What stood out the most about Aspire, AA, or Oceans	What stood out to me most during my time at Aspire Rehab Facility was the strong sense of support and respect among the clients. Despite their individual struggles, they shared a mutual understanding of one another's experiences, which fostered a nonjudgmental and open environment. Clients felt comfortable speaking about their past and expressing their opinions without fear of criticism. The therapist also played a key role in ensuring that each client had the opportunity to speak and be heard. As a male-only facility, Aspire was impressively well-organized and offered a wide range of activities to support the clients' well-being, including access to a gym, pool, board games, patios, and more.