

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 style="text-align: center;">I think my therapeutic communication helped maintain a safe, quality environment.</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 style="text-align: center;">During the group, I was able to connect classroom knowledge about mental health disorders and therapeutic communication to what the therapist and patients discussed. This experience reinforced the importance of active listening, empathy, and creating a supportive environment, which I can apply to my future clinical practice.</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 style="text-align: center;">My patient specifically was in an emotionally abusive relationship and wanted to leave but did not have the funds to. I think sitting down and discussing community resources would help her out and at least give her some options.</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 style="text-align: center;">I was able to maintain my professionalism by being respectful and following the unit's rules. This taught me the importance of modeling appropriate behavior in clinical settings.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p style="text-align: center;">I was able to practice active listening, offering hope, encouraging my patients to express their feelings and asking open ended questions.</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? • 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? 	<p style="text-align: center;">I was feeling excited to go into Oceans, especially after learning about all of these different psychiatric mental health disorders in class. I was thinking it would be a lot more intimidating than it was. Once I got there and I was able to interact with the patients, it made me feel happy to know I was able to be a part of their stay. There were a few occasions that a patient would have something</p>

<ul style="list-style-type: none">• What is the most important emotion or feeling you had?	<p>negative to say, however, it just made my heart hurt for them because I understand it is hard being so vulnerable and somewhere you do not necessarily wish you were at. The most important emotion I had was once again, hope. Especially when the patients were engaging in therapy and talking about their progress.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>At Oceans, the thing that stood out most to me was the way the patients are treated. I think it is very important. They are treated so well by all of the staff, and you can tell they are genuinely cared for. They are in a safe place while they figure out what they need. Oceans was a very pleasant workspace to be surrounded by and I am thankful I got the opportunity to go.</p>