Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	I maintained a safe and quality environment by being respectful, attentive, and supportive of the group rules. I avoided using my phone, stayed engaged, and was mindful of body language so that patients felt comfortable sharing.
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?	Listening to these patients discuss their problems with anxiety and depression I was able to connect classroom knowledge by showing therapeutic communication. I applied previous knowledge of ways they can deal with their stress and knowing the importance of validation.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	One client disclosed that he hears voices. I approached this with calm validation and safety-focused assessment. I asked open, nonjudgmental questions about the voices, assessed for current suicidal or homicidal intent, and evaluated reality testing and orientation. I would recommend using grounding techniques such as deep breathing, and sensory grounding. I could also reinforce reality-based statements gently and encourage patient to use previous coping skills that could help.
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 respecting confidentiality, dressing appropriately, and using a calm, therapeutic tone. This experience reinforced that professional presence and consistency build trust and safety in psychiatric settings.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I used therapeutic communication—active listening, reflective statements, and open-ended questions—to support the patient.

	I collaborated with the therapist and other team members by sharing observations.
Feelings • 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?	Hearing the patient disclose auditory hallucinations invoked empathy and a desire to ensure his safety. I felt reassured by the team's coordinated response and left feeling that peer support and timely assessment are powerful tools in care.
Evaluation What stood out the most about Aspire, AA, or Oceans	What stood out the most was the way patients supported one another throughout their struggles. Even though each person faced different challenges, they showed respect, encouragement, and understanding toward each other. I liked seeing how peer support created a safe and uplifting environment, reminding me that recovery is not just about professional help but also about shared experiences and compassion among peers.