

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>I was friendly and open to talk to anyone who felt comfortable sharing their stories and feelings. Not everyone wanted to chat, so I made sure to maintain a safe environment to show that I am open to whatever they were comfortable with.</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>As I listened in group, I realized how much alcoholism and addiction can affect a person's life. It puts things into perspective to see these diseases that we learn in class affecting so many people in real life. We learn how relapse is apart of the addiction process, so getting to hear these people's stories helped show me how difficult it is to overcome. So, in future practice, when taking care of patients with addiction, I can be more understanding of the disease, since it is genuinely hard to overcome and can change the way your body and brain react.</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>One of the clients in this group joined the ranch due to his addiction to alcohol and cocaine. I was surprised to see a handful of people close to my age, but this client was only 22 and had been in treatment centers 4 times this year. He said he struggles with relapse, since his friends are engaged in these substances and it is hard to separate himself from that environment. So, I would recommend him to distance himself from those friends even though that can be hard. He did mention enjoying going to the gym, so maybe he could make some friends there, and engage in better and healthier habits. Who you surround yourself with is important, so a healthier environment with less temptations could help prevent relapse.</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>I maintained professionalism by showing compassion and respect to everyone. I really appreciated listening to the group express their feelings, which I know can be difficult, since I personally struggle with communication as well. However, it was eye opening to listen to and understand these people's stories, since I know sharing personal experiences and trauma can be hard.</p>

<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by being open to listening and using nonverbal communication to show that I was engaged in their stories and appreciative for them sharing it with me. It was also nice to introduce myself alongside everyone else in the group, since it helped emphasize the realness of all these people. Everyone has their own story, but they are all similarly there together to help overcome addiction. So, it was nice getting to know a bit about their family and work life since it can help build more trusting and comfortable communication.</p>
<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>At first, I felt nervous and shy, since it was a bunch of men there and I happened to be the only one in my group that came that day. However, I later found out how friendly and open everyone was. I came in during the middle of their group, so listening in was very nice and impactful. I was surprised to see how open all the guys were when expressing their feelings, since I am not used to men being so emotional. But it was very nice to see how comfortable and relatable everyone was with one another, further showing me, how impactful group therapy can be. The most important emotion I felt was empathy/understanding. I know addiction is difficult, but hearing everyone's stories, showed me how much they want to get better, but it is still so hard to overcome.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>I was surprised to see that there was a good amount of people close to my age in recovery. This helped me realize how you really do not know what people are going through, and addiction can affect anybody, regardless of their age, occupation, and what they look like. It was also really heartwarming to see these men express their feelings and relate to one another, further emphasizing the importance and impact of group therapy.</p>