

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

<p style="text-align: center;"><b>Safety &amp; Quality</b></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. There was not too much time for interacting during this meeting, but I offered a comfortable and assuring presence.</p>
<p style="text-align: center;"><b>Clinical Judgment</b></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"> <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>As I listened to everyone in group, I was able to understand how difficult and different recovery can look like for people. Seeing how alcoholism and addiction can affect so many people in real life is saddening, but also eye opening. In class, we learned how common this disease is, and even more so how hard it is to overcome. Getting to know these people's stories, some about relapse, and some who are celebrating several years sober, was very meaningful to hear. Even though all these people are suffering with addiction, each of them has different stories and paths to recovery. In future practice, this helps me better understand that recovery is difficult, but it looks different for everybody.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>Since their main topic at the meeting this week was spirituality in the recovery process, several of the people shared their insight on faith. One of the clients shared how he has always felt lost in religion and compared his "God" as alcohol. Religion can be challenging and confusing for a lot of people, but I do personally think it can help in the recovery process by engaging in prayer and affirmations. So, I would recommend him trying those coping mechanisms, and maybe look into religions or churches that he may be interested in or try out. Even though everyone has different beliefs, practicing prayers and positive affirmations for recovery can help change your mindset overtime.</p>
<p style="text-align: center;"><b>Professionalism</b></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 understand how vulnerable it can be to talk about hard times and our feelings, so I was engaged and empathetic. By going to these group therapies, I have learned how meaningful it is to share our experiences and relate with others.</p>

<p><b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by actively listening to everyone’s stories. I mainly used nonverbal communication, by being engaged and understanding of their stories as well as appreciative of them for sharing something so personal. There was not much time to talk amongst each other during the meeting, however, I did chat with a former nurse afterwards. It was very nice to get to know her, because overall, from all these experiences I have learned that everyone goes through something. It surprises me how many people are in recovery facing their own personal battles of addiction, especially when they are in the same age group or profession as me.</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>I went to this meeting the day after my clinical at Aspire, which I enjoyed, so I was excited to see how this would go. I was surprised to see that a lot of AA’s principals are related to religion/a higher power. Even though not everyone is religious, several of the people there do believe it has helped them through recovery. They encourage them to do morning prayers, which I thought was nice, since I do believe in positive affirmations helping through the healing journey. Overall, I enjoyed hearing everyone’s stories, since so many of the people were on different paths to recovery. It made me happy to hear that it was one person’s first time back since relapsing, but also another person’s 20-year anniversary. Empathy has been the main emotion I have felt since going into these PMH clinicals. However, I also felt hopeful hearing these people’s milestones, since it can offer inspiration to others still struggling.</p>
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	<p>I was surprised by the way the AA meetings were set up. Compared to Aspire, where their group therapy was more conversational, people were able to bounce around ideas and relate to one another. However, in AA, they say no “cross talk,” so only one person spoke at a time, and there was little feedback afterwards. However, I do like how they encourage them to do morning prayer and readings, so what they talk about at meetings is also implemented whenever they are at home and in daily life.</p>