

Aspire Recovery Reflection (300 word minimum)

<p>Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I tried to participate and talk with the clients as much as possible to learn more about them and show empathy.</p>
<p>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>In the group, they were talking about Freud's theory of defense mechanisms. They were specifically talking about denial and how it is more than just "I don't have a problem" I can also be minimizing the problem or blaming the problem on a scapegoat. So while I knew the basics of the topic, I got to learn the subgroups as well and this was able to help with my classroom knowledge. They were also asking for examples of denial so knowing it beforehand was able to help me throw in some examples and ideas.</p>
<p>Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>There was a man who was a recovering alcoholic, his drinking problem was worsened when he got divorced and got to see his kids less. Outside of these meetings I would recommend a therapist to help him confront those feelings from the divorce in a more personal and one on one setting.</p>
<p>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>While there was a very clear relaxed mood and they were very obviously using very harsh language, I tried to still act like how I imagine a nurse would in group and not join in on the jokes and poking fun at people at times. I wanted to show that I was still a nursing student that was there to learn.</p>
<p>Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>For my therapeutic communication, outside of group when we were just hanging around with them while we ate, I just talked to them like how I normally would and tried to match their energy. There was a very relaxed environment that contributed to them</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? • What is the most important emotion or feeling you had? 	<p>being more open and honest about how they felt so I didn't want to do anything to disrupt that.</p> <p>I was excited for this day because I had heard good things from a family member who knew someone that went there. After the tour and group, I loved just how it felt like a little community and how close everyone was with each other. At the end I can safely say it was my favorite clinical experience so far.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>It really shook me with just how open they are about their addiction, and I liked how they can laugh about it now that they are in treatment and know it is a problem. They were poking jokes at each other about their addictions and about the scenarios they used to be in because it was in the past and they are trying to go forward and improve.</p>

AA Meeting (300 word minimum)

<p>Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>To maintain a safe and quality environment and the AA meeting, I tried to make it obvious that I was paying attention and cared about the people sharing their stories.</p>
<p>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 was listening to the group talk, I remembered how body language could contribute to therapeutic communication and tried to look caring and empathetic. When talking about their mental health I also noted the factors that affect mental health that they have affected, like Spirituality and Friends/Family.</p>
<p>Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>There was a man who came in late with a bag of medication, and it was clear that they all knew him because they were excited when he finally showed up. He said he was an alcoholic and that the medications were given to help with that. So, I assume that they were Benzos to help with the withdrawal process. I would assume that they would slowly taper him off of them over time as well.</p>
<p>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>To maintain professionalism, I tried to be apart of the group and share my ideas especially when they talked about coping/calming skills or about the Bible. I wanted to look like an active member to hopefully help put them at ease, rather than just being a nameless face in the corner that looks out of place.</p>
<p>Communication & Collaboration</p> <p>* Describe how you utilized therapeutic communication/collaboration</p>	<p>I maintained eye contact with the speaker to help them feel listened to and I stood up and forward rather than slumping in my chair. I wanted my body language to also show that I was actively listening to them and cared.</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? • What is the most important emotion or feeling you had? 	<p>At first, I felt nervous and that I would look out of place in the meeting. I was also worried that if I had to talk that I might have to lie about a story but they did not force sharing and you could just say you were there to listen which calmed me down. By the end of it though, I further realized that I did not look out of place at all. I noticed I had some underlying stigma because of that feeling, the people there were just normal people who have this issue and did not have a certain look to them so I did not look out of place at all.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>At the New Beginnings AA group, I noticed that it looked like a large living room and it felt like a lot friends just going to hang out and talk. This made an environment that felt really calming and I imagine that it helps people open up and be a little more vulnerable to the group.</p>