

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 allowed my patient to express their feelings giving them a safe and calm space promoting safe patient care.</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 clinical I was able to practice therapeutic communication with my patients- refrain from being intimidating, sarcastic, and avoiding asking why questions but still being able to get adequate information from my patients without the need to make them feel as if they were oversharing.</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;">I enjoyed my client Michael he was a patient who was diagnosed with BPD 2 and was learning different ways to manage and cope with his illness, he was willing and eager to want to find a good “cocktail” of medications that would help him continue to live his everyday life, One thing I would recommend is to continue to search for the care needed and the correct meds and also learn to identify different triggering activities to refrain from.</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 maintained professionalism by being present, respectful, and therapeutic in all my interactions with patients. While spending time with them, I made sure to set clear boundaries, listen without judgment, and treat everyone with dignity and empathy. I was mindful of my body language, tone, and personal space, especially since many patients were sensitive to nonverbal cues. I also maintained confidentiality.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p style="text-align: center;">I allowed my patient to express themselves; I gave them time when needed to answer questions, I reinstated what my patient</p>

	<p>was feeling to get clarification, I maintained eye contact and refrained from using intimidating words.</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 the beginning of clinical I honestly really didn't know how to feel I was anxious and scared that I wasn't going to provide the calmness that some of these patients need, after the first day in clinical I felt better I felt more comfortable in the place I was in and I also felt that I was able to interact more with the patients the second day after having an expectation of how the facility was. I have felt very emotional to all aspects of the Psych clinicals I believe they were very eye opening and I enjoyed patients finally opening up and realizing that things are okay, and also how they could cope with their feelings.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>I enjoyed the interaction the therapist gave the outpatient clients while in therapy. She was very welcoming, and I can tell her patients felt safe being themselves and expressing how they were feeling.</p>