

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 kept my phone in my bag and avoided using my smartwatch during my time at Aspire to help maintain a private and safe environment. This showed respect for the clients' confidentiality and helped create a distraction-free, professional setting where everyone could feel comfortable sharing.</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>During the group sessions, the counselor talked about several theorists we covered in class, and it helped me connect what I've learned to real-life situations. Seeing how those theories applied to individuals struggling with addiction gave me a better understanding of how thoughts and behaviors are affected during recovery. From this, I realized how important it is to use nonjudgmental and empathetic communication when working with similar patients. I can carry these lessons into future situations by staying patient and open-minded, which will help me build stronger therapeutic relationships and provide more compassionate care.</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>I noticed one client who seemed reserved and hesitant to join in during the group session. The counselor tried a few times to get him involved, but he stayed reserved. I'd encourage him to take small steps to share more by reminding him that it's a safe and supportive space. I'd also give him a little extra encouragement and let him know that opening up could really help him connect with others going through similar experiences.</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>This experience showed me that professionalism goes beyond following the rules. It's about being present, respectful, and aware of how I show up for others. I learned that small actions, like really listening and staying calm and supportive, can make a big difference in how comfortable patients feel. It also helped me see how important compassion and empathy are to who I am and the kind of nurse I want to be.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication by actively listening to the clients and being fully present during the group session. I showed interest through my body language and maintained a calm, supportive demeanor. I also observed how the counselor encouraged open discussion and collaboration, which helped me learn effective ways to engage patients, build trust, and create a safe space for them to share their experiences.</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 the beginning, I felt a little nervous since it was my first time sitting in on a rehab group session, and I wasn't sure what to expect. As it started, I was thinking about how I should act and make sure I was being respectful and professional. As the session went on, I started to feel more comfortable and interested, especially hearing how open and honest some clients were about their experiences. Watching the counselor's calm and supportive approach made me realize how powerful empathy and patience can be. By the end, I felt grateful for the experience and inspired to use the same compassion and understanding in my own nursing practice.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me the most about Aspire was the positive and welcoming environment. It didn't feel restrictive or like a prison setting, instead it felt more open and comfortable. The clients were allowed to use their phones and had a sense of normalcy in their daily routine, which I think helps them feel more respected and supported in their recovery. It created a space that felt safe and encouraging rather than punitive, which I really appreciated.</p>