

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>To accomplish a safe and quality environment they had the med room locked up with keys that only the med passer can access. They also had a med book log to correctly organize who's meds and which med is who's.</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>I was able to hear the men be honest about relapse and their feelings. They had a lot of regret but also some had hope to recover while some were unsure if they could see themselves as recovered. This can be used in my future practice as a light of hope on both ends of people who don't think they can do it and those that can. The group discussed lots of real matters but also discussed lots of hopeful matters.</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 client that concerned me the most is one that was going through a breakup. It caused him to have to leave group and left him more quiet than how he is usually I assume. I would suggest that they warm him up more to talk about his problems and continuing to find better ways to cope. In the meeting he had said himself that the questions made him uncomfortable but he believed it was better for him to be uncomfortable for a little bit than for a long time.</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 during group meeting. I established a safe spot and listening ear as the men in the group discussed their situations and chiming in when asked.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>In communication and collaboration, I was just a silent listener. We did not get to chime in much or say anything as the men already knew each other and most conversations were directed to each other and so we mostly exhibited the listening and open to speak operation.</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>I felt fine. I was just anticipating what or how the group was going to go. I felt involved and like very attentive to the group meeting. I felt sad but hopeful for the men because most of them had children and I could hear it in their introduction that that is what they were being strong for. I felt good about this experience.</p>

<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>The freedom and independence the men get and also how they don't feel imprisoned to the facility. I also loved the ABCD coaching method discussed in group. The facility allowed the men to feel very family-like and comfortable.</p>
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