

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

### Safety & Quality

Describe anything you accomplished to maintain a safe, quality environment

I believe I maintained a safe and quality environment by keeping the names and information given to me out of my mouth for future references. I participated in therapy, which seemed to help everyone feel comfortable with me around.

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### Clinical Judgment

As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:

I have learned from previous lectures of cognitive distortions that the can really impact the way your mind processes information and how you react. It was hard for me to put myself in their situations and relate to them because I don't have cognitive distortions like some of the patients do.

• What can you apply to this situation from your previous knowledge?

I can apply the lessons we learned in therapy today and implement them in my own life. While I may not have an addiction, I can certainly always find new ways to improve myself. I learned from this clinical that it is okay to not be okay. Growth is not a perfect linear path, and that I am going to struggle.

• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?

It all matters on how I react to these bad situations and how am I going to fix it. If I have character, then I am going to be continuous in my path to striving towards my beliefs, and not stray from my goals.

• What have you learned from clinical?

### Patient Centered Care

Identify one client in the group, what concerns, recommendations/interventions would you suggest?

One of the patients there was down on himself because he got an email regarding something about child custody. I think it is important to keep him in therapy by robin and also have him around his peers. He was down on himself, but there wasn't even a reason to be upset. He needs to continue to find the truth and facts around him, and keep people who are able to do that near him.

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### Professionalism

How did you maintain professionalism? You can review your clinical evaluation for ideas

I maintined professionalism by not digging too deep about the people who are residing there. There were some people who work in pretty big businesses, but I kept myself from digging into who exactly they were and what exactly they did. This is a place for recovery, not about digging into everyone's business.

(What has this taught you about professional practice? About yourself?

### Communication & Collaboration

Describe how you utilized therapeutic communication/collaboration

I believe I maintained therapeutic communication by talking to everyone and just asking simple questions. I kept the prompts broad and just allowed them to tell me what they want to. After all, I'm the one who is coming into their space. I just wanted them to be comfortable in my presence and still allow themselves to open up, even with students there.

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### Feelings

• How were you feeling at the beginning?

I immediately fell in love with the facility. Everything was no nice, the patients had so many privileges and it was just an incredible opportunity to be able to see what resources are out there for men who struggle with addiction.

• What were you thinking at the time?

I was thinking about how blessed these people are, and while they may not feel like it because of their daily struggles but that this is just an amazing place for them to be in.

• How did the event make you feel?

The event made me feel curious because I had a hard time relating to them, that I really wanted to know where they were coming from.

• What did the words or actions of others make you think?

The words from Robin really made me think and made me very curious. As someone who doesn't know what it's like to have cognitive distortions, I tried to place myself in their shoes and really wanted to connect with these people.

• How did this make you feel?

It made me feel astounded at how some people can really feel like they are at rock bottom and how some people think that there is only one bad reality. I just can't even begin to think about thinking that negatively everyday.

• How did you feel about the outcome?

The way everyone was letting everything sink in and how they tried to take in what Robin had to say was really nice to see. They all recognize that they have an issue, and really seem like they want to be better.

• What is the most important emotion or feeling you had?

The most important emotion I had was hopefulness that this too shall pass for everyone, and that the grass is really greener on the other side. They all have the potential to living the life that they want.

### Evaluation

What stood out the most about Aspire, AA, or Oceans

The thing that stood out most to me was the brotherhood of the facility. Everyone was just so close and to have a group of men supporting each other was just really amazing to witness.

# PMH CSON Student Community Site Verification Form



## Instructional Module: IM 6

**Student Name:** \_\_\_\_\_

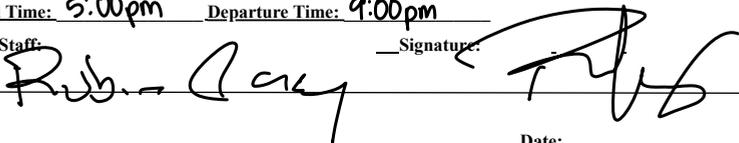
**Instructor Contact Information:**

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Community Site: Aspire \_\_\_\_\_ Date: 11.19.25

Student's Arrival Time: 5:00pm Departure Time: 9:00pm

Printed Name of Staff: \_\_\_\_\_ Signature:  \_\_\_\_\_

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

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