

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

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>What I did to maintain a safe environment was to ensure I kept my phone put away and out of sight at all times, I was discreet about my identity, respected the attendees privacy while still being attentive.</p>
<p style="text-align: center;"><b>Clinical Judgment</b></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"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<p>During group discussion, everyone had the opportunity to tell something about themselves. The main topic of discussion was jealousy and how that tied into their alcohol consumption. Something I noticed was that at least ¾ of the people who participated had some sort of trauma in their lives which led into their substance use. The attendees also seemed to be focusing on their mental health and their ability to control their own behavior/ actions. They also seemed to be unknowingly using Sullivan's theory which is more interpersonal and focuses on relationships and the here and now. I can apply these learnings to better my future practice by being more considerate of people with SUD in the clinical setting. What I learned from this clinical was that there is not a set age or demographic for SUD. There were people my age (22) to people who were in their 60's and 70's a few months sober. That was very eye opening because you truly do not know who is struggling.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>There is one attendee who I was a little concerned about, a female in her 30's who mentioned experiencing a lot of IPV. As she was recalling her experience she got choked up and seemed like there was a lot of unresolved trauma. I would like to suggest she get in contact with a therapist to navigate those feelings better so she is less likely to turn to substances.</p>
<p style="text-align: center;"><b>Professionalism</b></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 by staying quiet, and respectful of others when they were telling their stories. There were some out of ordinary stories being told, and I managed to keep a neutral affect and refrained from judging.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication in the way of being silent, and using active listening. I made sure to keep my eyes on the speaker, and nodded a long while they spoke. I also partook in the prayer at the beginning and end of the meeting.</p>

<p style="text-align: center;"><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> <li>• What is the most important emotion or feeling you had?</li> </ul>	<p>Truthfully at the AA meeting, I felt like I was intruding on a personal meeting. I felt like I wasn't supposed to be there. I felt even worse when the attendees mentioned being grateful and it was inspiring to them for us young people to be in attendance. It was definitely humbling seeing another college student in attendance as well.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out most to me about AA was that everything was very God/ religious centered. They opened with prayer, multiple attendees gave thanks to God, and they closed the meeting with prayer.</p>