

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>Maintained a confidential, nonjudgemental and safe environment for clients. Also ensured every exit or entrance I made that I observed who was around me and who shouldn't be around me.</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>In group there was a lot of coping mechanisms taught. Urge suppression and fighting when the urge rises was a good lesson. I also enjoyed exploring things that help patients cope, what makes them happy. I feel like it was a good activity for patients suffering with depression or stress, it helps them remember and realize that there are ways for them to self cope and they just forgot them before the therapy. I can use the therapeutic lessons taught and also I learned how to talk to my patients in a therapeutic way.</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 is a the client who only identified their cat as a soothing method. Although having a pet is amazing, the loss of a pet can be detrimental especially when the client's self soothing method is reliant on their cat. I would suggest more coping mechanisms such as a spiritual method or methods more reliant on things that are not inevitable.</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 remained a nonjudgemental and safe environment for clients. I did not push talking or pry into anyone's story, allowing the client to speak with ease.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized appropriate touch (hand on shoulder), receptive listening and nonjudgmental responses and demeanor.</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? 	<p>I was nervous at the beginning but continuing on I felt sad. I felt sad for the patients because a lot of them have trauma and a lot of them expressed loneliness and misunderstanding from family</p>

<ul style="list-style-type: none">• 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>and friends. I could see the difference in clients who were lonely and just wanted to talk, when I spoke with them. It was a bittersweet moment to see someone's eyes soften and light up when speaking with them. I just thought about the weight they're carrying and how lonely they must be feeling.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>I was slightly shocked about how aware the patients were. It was a misjudgment on my end but I assumed that not many patients were aware of why they were there. Many patients understood and even some self-admitted. The patients all told me how they wanted to get better and wanted to do right by their family. I heard a lot of regrets but also a lot motivated to do better.</p>