

## Aspire 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>I aided in maintaining a safe, quality environment by maintaining a non-judgmental and friendly affect throughout the group session. These men are there to open up about their life experiences, and I wanted to allow them to do so without fear of embarrassment.</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>Because we have not had any lecture content on mental health at the time of this clinical, there is nothing I could apply from the classroom to this experience. However, I know that talking with others that have or are going through similar situations that someone has faced can be therapeutic. Also, maintaining a calm, inviting environment can help someone feel comfortable doing so. This can be applied to other experiences besides addiction, such as grief/loss or a chronic diagnosis. From this clinical I have learned that having a supportive environment can be very beneficial to improving someone's well-being.</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>One client from the group, a 69-year old male, had come to Aspire 9 months ago for alcoholism. He has remained sober for those 9 months and repaired the majority of his relationship with his wife. My concern for him was that I could identify that he had feelings of guilt for the strain he caused in his relationships, as well as the importance of maintaining his health due to his age. My recommendation for him would be for his continuation in the program, as I believe talking with others that can relate to him is extremely therapeutic.</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 actively listening to the group session in its entirety, as well as respecting boundaries of the clients. This has taught me that to maintain professionalism, you must leave your personal feelings at the door in order to keep a receptive environment and provide the best care for patients. I have learned that I am capable of this, as I care so deeply for others.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication and collaboration by maintaining a positive, friendly demeanor in the conversations I was able to have with a couple of the clients. One client and I had something in common – we were from the same hometown. In this way, we were able to relate to one another and form a small, brief, relationship through that.</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>In the beginning of the clinical, I had feelings of nervousness. I had no idea what to expect during the group session that was about to transpire. I was thinking about the men who were to participate, and the types of issues they may bring into this therapy session. Maybe some would be sad and quiet, maybe they would be angry, or even vulgar. At the beginning of the session, we started by introducing ourselves, including the group leader, the men attending, and my fellow nursing students and I did so as well. This immediately calmed my nerves, as I started feeling compassion for the men as they shared who they were and how they ended up at Aspire. The conversation that I observed for the following hours made me think highly of these men, as they were all there to better their lives, not only for themselves, but for their loved ones as well. Each of these men were at Aspire for an alcohol or drug addiction, and hearing a group of men open up about these hardships made me feel proud of them, and</p>

	<p>hopeful that they were leading into the right direction to a better life. The most important emotion that I felt for these people was compassion. If I were to run into some of these people on the street, I may not even be able to tell that they were addicts. It reminded me that you may never know what a person is going through just by seeing their outward appearance.</p>
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	<p>What I found to stand out the most about Aspire is the atmosphere that they have created for their clients. The owners, being former addicts themselves, are able to relate so closely to them. I could tell through their interactions that they care so deeply for these people, and form relationships with each them. This is what I believe probably leads them to changing so many lives.</p>