Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	At the AA meeting I attended, safety and quality were kept through a structured and respectful environment. You could tell that everyone felt comfortable and safe opening up to share their stories, and they even felt comfortable with us being there. I maintained safety by quietly and respectfully observing and by not interrupting others as they shared their stories.
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • 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?	While listening to the group share their stories, I was able to pull out some classroom knowledge that we learned about this week, such as withdrawal symptoms and some of the symptoms they would experience as they were trying to stop drinking/using. I can use this knowledge and what I've learned to meet people where they are in their recovery journey and to be nonjudgmental and supportive, no matter what. I learned from this community clinical that people are all on different journeys and you never know what people may be struggling with.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	One group member who stood out to me was one person who shared they were only 12 days sober and that they had feelings of concern and fear of relapsing, even though they don’t want to, and they have people in their lives who want them to get better. Concerns for this client would be the risk of relapse, especially since they are so early in the recovery journey. Recommended interventions would be to encourage they keep supportive people in their circle and to keep attending AA meetings, also maybe educating them on some withdrawal symptoms to expect.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I maintained professionalism by arriving on time, remaining attentive during the sharing of personal stories, and respecting confidentiality during the meeting. This experience taught me the importance of respectful presence even while not actively participating. It also helped me remember the need for empathy and humility when caring for individuals with substance abuse disorders.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	Therapeutic communication was demonstrated through active listening and respectful silence. Although I did not verbally participate, I was attentive and present during the sharing of stories.
Feelings • How were you feeling at the beginning? • What were you thinking at the time?	At the beginning of the meeting, it was a little awkward because you could tell we were the “new faces” at the meeting. As the meeting went on, I became more comfortable and felt welcome there by everyone, even if I didn’t speak to each person. Listening to the struggles and the successes that some of the

• 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?	participants shared made me feel empathetic and compassionate. The vulnerability of some of the participants reminded me of the courage and strength it would take to attend a meeting and to seek help when struggling. Overall, I felt enlightened and appreciative of the supportive and open environment. The most important emotion I had was empathy.
Evaluation What stood out the most about Aspire, AA, or Oceans	What stood out most to me about the AA meeting was the different success and struggle stories. Hearing from some of the participants who had been sober for years, compared to one individual who was just on day three of sobriety, really enlightened me on the impact these support groups have on people who are struggling with addiction.