

## 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>I went with Kia to an AA book club. Other than observing that it was a safe, quality environment, I didn't do anything else.</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>I learned how important it is to listen and meet people where they are. The women there were in various stages of recovery but all had input to share and it was really beautiful to see them be so open and vulnerable because they felt safe with the others there. I can use this in my future practice by being open so that people feel safe to share.</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 was one lady who seemed to be stubborn towards being open to different viewpoints of others (e.g. authors with different perspectives. I would encourage her to approach new thing with curiosity, not with the expectation that she has to agree with them.</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>Our situation was unique bc we we're encouraged to share what we thought about the chapter we read but we didn't have to if we didn't feel comfortable. I was comfortable doing so and I think I was successful in sharing part of my story while not monopolizing the conversation. I think the way I interacted was professional in what I shared, but also offered compassion and vulnerability to help others feel comfortable.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I listened without judgment and didn't interrupt. I asked clarifying questions when appropriate without asking "why?" but with gentle curiosity "could you help me understand...?"</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>I was a little nervous going in but everyone was incredibly warm and welcoming! Everyone was open and vulnerable and I immediately felt safe in being in that space. I was worried my presence would be an intrusion but I didn't feel that at all. I walked out of there with gratitude for those women allowing us to join and with an open invitation to come back which I plan on doing! It was refreshing to dive in and cut through all the pretenses, we all just recognized that none of us were perfect, and we were able to dive into a vulnerable and safe place to work through heavy things in life. it was powerful and beautiful.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>Again, just the openness, vulnerability and the immediate acceptance that we're all human and the combined effort to work through everything individually while being supportive of others.</p>

