Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	By not speaking out of context or lying why I was there @ the meeting. Maintained a safe environment.
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?	· By understanding the side effects of withdrawal & time frame of these symptoms, I was able to understand where they were at in the process. · I will be able to apply this to clinical practice by knowing how to directly help a patient undergoing withdrawal. · I knew there are side effects when withdrawing from drugs or alcohol.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	There was a lady who was 10 months sober, & has turned her life to God, & has created a life for herself outside of drugs & alcohol with support from AA. I have no concerns aside from when things get hard, hopefully she returns to AA instead of relapsing.
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 greeting people & being unbiast when people shared their stories & emotions. This taught me that people just need to be heard sometimes to feel better.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I utilized therapeutic communication by acknowleding each speaker by giving them full attention without judgement.
Feelings • How were you feeling at the beginning? • What were you thinking at the time? • 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?	I was exlited to be attending another meeting because I knew the layout after attending another meeting. I felt proud & full of joy to see reocluring people attending the meetings.
Evaluation	

BRANDON BARRERAS

Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	KEEPING AN OPEN MIND & USING COMPASSION TO LISTEN AND LEARN TO EVERYONE SHARING THEIR JOURNEY & 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?	· I WAS ABLE TO INTEGRATE CLASSROOM KNOWLEDGE BY FULLY LISTENING & UNDERSTANDING ADDICTION IS NOT A CHOICE. · I KNEW ADDICTION WAS VERY HARD & NOT A CHOICE THEY ACTIVELY MAKE TO CONTINUE DRUGS/ALCOHOL, & THAT THERE ARE MEETINGS PEOPLE ATTEND TO HELP WITH RECOVERY. · YES, YOU CAN USE COMPASSION FOR PEOPLE IN THE HOSPITAL SETTING IN WITHDRAWAL OR TO SHOW PATIENCE INSTEAD OF JUDGING. · I LEARNED THAT THERE IS NO START OR FINISH DATE FOR AA, IT IS A LIFELONG JOURNEY
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	THIS MAN WAS YOUNGER & WAS 3 DAYS SOBER. YOU COULD TELL IT WAS ALREADY VERY HARD FOR HIM BUT HE HAD A SUPPORT SYSTEM THERE WITH HIM @ THE MEETING. I WAS CONCERNED HE WOULD RELAPSE AGAIN, BUT HE IS STAYING STRONG.
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 DID NOT LIE ABOUT HAVING AN ADDICTION, & LISTENED RESPECTFULLY TO EVERYONE WHO SHARED. IT HAS TAUGHT ME THAT YOU DO NOT HAVE TO BE TALKING & GIVING ADVICE TO BE THERAPUTIC.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I COLLABORATED BY ALSO SPEAKING WHEN IT WAS MY TURN TO TALK. & SHARED MY GRATITUDE FOR BEING THERE.
Feelings • How were you feeling at the beginning? • What were you thinking at the time? • 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?	I WAS NERVOUS. BECAUSE I HAVE NEVER ATTENDED AN AA MEETING, BUT I AM VERY THANKFUL FOR GOING & GETTING THE EXPERIENCE AS WELL AS AN UNDERSTANDING FOR THE STRUGGLES THESE PEOPLE FACE. WHILE TRYING TO BECOME SOBER.
Evaluation	