

## Aspire, AA and Oceans Reflection (300 word minimum)

<p><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>During this AA meeting safety was maintained by confidentiality, nonjudgmental listening, and showing mutual respect.</p>
<p><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 was able to integrate classroom knowledge when patients were discussing their recovery and substance use stories. I can apply previous knowledge that support groups are very crucial to recovery. Multiple patients stated that they felt safe in the room cause they knew everyone was going through something similar. I can also apply that religion is very important to their recovery. Most patients stated that they could not get sober by themselves and need spiritual guidance. I learned from this clinical that addiction is like any other disease and that one of the biggest treatments is support.</p>
<p><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>The client in the group had stated that once he had one drink all his progress would be gone, what I would recommend would be talking to a sponsor, continuing AA meetings, and therapy.</p>

<p style="text-align: center;"><b>Professionalism</b></p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p> <p style="text-align: center;">(What has this taught you about professional practice? About yourself?)</p>	<p>I maintained professionalism by showing up on time, having boundaries, showing respect and non judgmental listening to the person sharing. I reflected on any biases I might've had and how important it is too be compassionate.</p>
<p><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by actively listening to each client and using nonverbal communication to show respect to who has sharing.</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 feeling a little anxious at the beginning. My intention going in was to listen to everyone and be as respectful as possible. This meeting made me feel very comfortable, although I might not be going through a recovery I knew it was a space from judgement. The words of others made me realize how these groups are a necessity to maintain sobriety and that it is they're safe space and they let their guard down inside that room. I feel very positive about the meeting, I think the most important emotion was respect for all of the people in the room showing</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	