

Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>During this clinical rotation we provided a safe and quality environment by providing confidentiality and listening without judging.</p>
<p style="text-align: center;">Clinical Judgment</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"> • 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? 	<p>During this meeting DSM 5 criteria for addiction was discussed although we had already discussed it from a nursing point of view, it was very interesting listening to the criteria from the patients themselves. What I learned and plan to use is that just like any other disease process, addiction is a debilitating disease that has symptoms and should be treated no differently. I learned today that a lot of the time patients compare themselves to others to make themselves think they addiction is not as bad since they still have important things to them.</p>
<p style="text-align: center;">Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>There was a returning client in the group I would suggest to that patient to keep showing up and keep working the 12 step program they use.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p> <p>(What has this taught you about professional practice? About yourself?)</p>	<p>I maintain professionalism by introducing myself and active listening and observing. I learned it is very important to be professional and without judgment due to the patient's vulnerability.</p>

<p>Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication skills by not asking too many questions to the clients instead letting them talk about themselves.</p>
<p>Feelings</p> <ul style="list-style-type: none">• 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?	<p>I did not know what to expect going into this clinical site, I went in with an open mind hoping to make the best out of this experience. Walking in everyone was very welcoming and that helped calm anxiety levels of being in a new environment. I am very glad I got to go to Fire Ranch. It really changed my view on recovery programs. This felt like a very safe place that made clients comfortable being vulnerable. I had a positive outcome, I have tremendous respect for all the patients working through addiction.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most from Aspire was the structure of the program, they are fully independent there. They cook and clean after themselves allowing them to take that structure once they leave that facility.</p>