

Aspire 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 my time at Aspire, safety and quality were maintained through structured group meetings and clear expectations. The environment felt safe and respectful. The counselors and us nursing students listened without judgement. It felt structured like AA, which is important in substance recovery. I observed how boundaries were maintained and how the counselor redirected conversations appropriately when needed to keep the environment supportive and productive.</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 the group sessions, I connected what I learned in class about Cognitive Behavioral Therapy to what the counselor discussed. We learned that CBT focuses on how thoughts influence emotions and behaviors, and I saw this when the men described reacting based on their insecurities. The counselor's discussion about misinterpreting other's words reflected cognitive distortions like mind reading. Hearing him explain REBT also helped reinforce how irrational beliefs affect behavior and relapse risk. This experience helped me better understand how CBT concepts apply in real-life settings.</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>One concern that the counselor pointed out was how insecurity affects relapse risk. If a client consistently misinterprets feedback as criticism, it can trigger negative emotions and potentially substance use. Interventions I would suggest include reinforcing positive coping strategies, journaling to identify thought patterns, and speaking about the issue to determine what was actually said.</p>
<p style="text-align: center;">Professionalism</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>I maintained professionalism by being attentive, respectful, and engaged throughout the sessions. I listened without judgement, remained mindful of confidentiality, and did not interrupt their discussion. I learned to not judge someone by their addiction. Men who look tough on the outside still have feelings and</p>

<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>should be respected as a person despite their addiction.</p> <p>The counselor modeled therapeutic communication by asking open-ended questions and encouraging group participation. I observed how collaboration among the men created a trusting environment between them. The structure resembles AA, which encourages mutual support and shared experiences.</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>At the beginning, I felt slightly nervous because substance use settings can be unpredictable. However, as the discussion progressed, I felt more comfortable and impressed by the vulnerability shown by the men. The most important emotion I experienced was empathy. It reinforced for me that addiction recovery requires addressing underlying thought patterns, not just substance use itself.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>Overall, this experience strengthened my understanding of CBT and REBT in real-world practice. It helped me see how cognitive distortions directly impact confidence, behavior, and relapse risk. This experience improved my ability to connect theory to practice in a mental health setting.</p>