

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 group therapy, I helped maintain a safe and therapeutic environment by promoting respectful communication and emotional safety. I observed my patient closely for any signs of worsening depression and increased anxiety. The patient remained quiet throughout the whole session but did appear calm.</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>In group, I was able to connect what I've learned about anxiety-induced psychosis to real patient behavior. I recognized that patients with depression may withdraw and choose not to speak in group settings. Although the patient did not show signs of hallucinations or delusions, I understood the importance of continued monitoring for subtle changes in behavior or affect.</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>When speaking with a certain patient about their weight disorder, I listened without judgment and validated their feelings about how difficult it was for them to get on the scale. I did not dismiss their concerns or minimize them. I invited them to play cards with us to encourage social interaction, but they declined. I respected their decision and did not pressure them. My goal was to offer support while allowing them to engage at their own comfort level.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p>	<p>I maintained professionalism by being respectful, using appropriate boundaries, and maintaining confidentiality. I approached sensitive topics, like weight and body</p>

<p>(What has this taught you about professional practice? About yourself?)</p>	<p>image, carefully and with empathy. I remained calm and supportive even when they declined to participate in activities.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication techniques such as active listening, open-ended questions, and validation. When my patient shared concerns about being weighed, I acknowledged that it can be a trigger for many individuals with eating disorders. I practiced supportive silence and avoided giving unsolicited advice. I also communicated relevant observations to my teacher.</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 first, I felt slightly nervous discussing patient's problems with them. However, I felt honored that they were open with me about how their problems affected them. When a patient declined to play cards after I asked them, I felt a little disappointed but understood that depression can make socializing difficult. Overall, I felt compassion and a better understanding of how deeply mental health conditions can impact daily experiences.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>This experience helped me understand the importance of sensitivity when addressing eating disorders and body image concerns. I learned that small interactions, such as inviting someone to participate in an activity, can still be meaningful even if they decline. I gained more confidence in having therapeutic conversations about difficult topics. Oceans is a great place for people to connect. For example, one patient stood out to me</p>

	<p>with their friendly approach and taking care of another patient who was also there. There are many examples of this that I saw in the past two days. The stigma surrounding people with mental illness is highly untrue, as everyone there was kind and just trying to get through a difficult time.</p>
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