

Internship reflection

This last portion of my internship has been very helpful to me. I have had the opportunity to complete the remaining portion of my goals which was to plan and run a minimum of three interventions. One of the interventions that I did, focused on managing stressors. In order to demonstrate this concept, I did a group juggle activity with tennis balls. We talked about stress and stressors and how they influence our lives. I had them identify a stressor that they had in their life and write it on the tennis balls, we then used the tennis balls for the group juggle. After we finished processing the intervention, I found that it was easier to remember what to chart (something that I needed to improve on) because of what they wrote on their tennis balls. Overall I felt that the intervention was very successful, but it was very valuable for me because I was able to do the same intervention with another group and was able to make some of the small adjustments that were needed in order to make it even more powerful for the participants.

During this last portion of the internship not only was I able to complete all of my goals, I was able to get even more out of the experience. After talking to the Rec. Therapist, she decided that she wanted to re-design the Rec. Therapy program and wanted me to help her with this process. Because designing a Rec. Therapy program is what we did last year in Sandy's assessment and documentation class, I knew how to go about doing that. It has been a very cool opportunity to apply those things into a real practice but at the same time I felt a little strange when the Rec. Therapist asked me for my advice and asked me to teach her certain concepts because I have very little experience.

This internship has been incredibly valuable in allowing me to transfer what I have been learning in class to a practical setting and has provided me with many unique opportunities that will greatly benefit me in the future.