

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>For my Alcoholics Anonymous meeting, I attended Lubbock Lambda Group via Zoom. There was eleven participants, and I attended as an observer. The AA meeting was informal. It opened up with the introduction of the secretary, and then followed by the serenity prayer. The participants talked about their drinking and how it affected relationships and their recovery.</p>	<p>Step 4 Analysis</p> <p>From my previous studies, I can apply therapeutic communication. I need to remember that I don't know what people are going through, and I need to be empathetic with them to understand from their point of view. Also, by just active listening, I can learn a lot.</p>
<p>Step 2 Feelings</p> <p>I was nervous attending the meeting because I did not know what to expect. The participants in the meeting were very welcoming and friendly. This made me feel more comfortable. The most important feeling I had about the meeting was not being judged. Everyone shared their stories so openly and the participants just listened.</p>	<p>Step 5 Conclusion</p> <p>From this meeting, I learned that addiction doesn't discriminate. These AA meetings are very beneficial because it allows the members to share experiences in a non-judgmental environment. The bonds formed between the members are very special. AA meetings really help people stay sober.</p>
<p>Step 3 Evaluation</p> <p>I expected the AA meeting to be like what I've seen on TV shows and movies. I thought it would be drunk messy people. However, it was complete opposite. They were normal people. They were clean and most of them had professional jobs. The good thing about the event is that I realized alcoholism is very common, and it doesn't just happen in certain populations. It can happen to anyone.</p>	<p>Step 6 Action Plan</p> <p>I can use this experience to further improve my practice in the future. It broaden my mindset, and I know it is more common than I think. By attending this meeting, I know what it's like, so I can share my experience with someone who is apprehensive about going.</p>