

<p><b>Step 1 Description</b></p> <p>When I first arrived at Dove Tree my classmate and I went inside and asked for a nurse but we were told that we would be following the residence throughout the day to there various classes. We were given a tour of the property and then left in the women's bunkhouse. We began the day in the morning intention group, which was done in the bunkhouse, and then went to the meditation group in the gym. After meditation we had a few min before we went to the process group. In the process group they discussed how they would adjust to relationships outside of dove tree and how to set boundaries. After lunch we went to big book study in the gym and discussed the importance of being honest not only to yourself but to others as well. The said that the first step to relapse is lying to yourself. After big book study we went the bunkhouse for women's issues/disease model and learned grounding techniques for anxiety and PTSD. The last activity we attended was music group in gym. During this class they each got to pick a song that they thought was important to their recovery or something that could possibly trigger a relapse after they leave Dove Tree.</p>	<p><b>Step 4 Analysis</b></p> <p>I didn't apply this but I watched one of the counselors use the restating technique when communicating in the process group. By using this technique, the counselor was able to get the patient to elaborate on the comment that they made. By restating the patients answer the patient was able to think about what they said and come up with a solution to the problem they were having. The impact of the counselor using this technique was that the patient was able to work through a problem on their own. This also caused another patient to be able to solve a similar problem based on the other patients answer to the restated question.</p>
<p><b>Step 2 Feelings</b></p> <p>When we first arrived, I was nervous and didn't know what to expect. I was thinking I've never been around a attic in recovery before so I didn't know what to say or how to act. I felt more at ease once some of the residence started talking to me. .I feel like more confident now and empathetic toward people who are dealing with addiction issues. I think the feeling of empathy is the most important emotion I felt throughout the whole day, because I will I now know better than to judge someone without knowing their story.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion this experience was very eye opening to the struggles that people have and to what can lead someone to using drugs. It also showed me that addiction can affect anyone at any age. Moreover, most of the patient had other mental disorders like depression, anxiety, and PTSD. I really enjoyed listen to the patients share the how the cope with anxiety and even shared their techniques with others who were having similar issues. I think my favorite thing to witness was a patient who was finally able to talk about their trauma and when they did this it helped someone else.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing about this experience was that I was able to see the process of recovery and how every person's journey through recovery was different. The bad part of this experience was seeing one patient and knowing that they were just going through the motions in order to get</p>	<p><b>Step 6 Action Plan</b></p> <p>This situation will be helpful not only in my future nursing care but also in my personal life. I leaned the importance of a boundary and how to properly set them. As the counselor said boundaries are not meant to keep people out, they are meant to protect you. This experience</p>

discharged. It was obvious that they didn't really want to recover by some of the comments that they made. It was difficult to watch this same person have an outburst of inappropriate behavior during the music gym when someone else was answering a question that was important to them. I liked that everyone seemed to get along together and was supportive of one another.

has also taught me how to interact with patients in recovery and how to therapeutically communicate with them. In hindsight I would try to be more involved with the patients earlier in the day and not let my shyness get the better of me.