

Covenant School of Nursing Reflective Practice

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| <p>Step 1 Description</p> <p>One place I got to go to for the PMH clinicals was Dove Tree. When we got there, we were told we would just be following the schedule and sitting in on the different group meetings and therapies throughout the day. We first started out by joining in on morning affirmations with the women at Dove Tree. We participated and said our positive affirmations for the day and what we were grateful for. We then went to the gym for meditation, then we sat in on a small group therapy before heading to lunch. In between different meetings and at lunch, we got to talk to some of the clients and get to know more about them. After lunch, we went to the gym to sit in on a couple more meetings before leaving for the day.</p> | <p>Step 4 Analysis</p> <p>It was interesting to me to see how different people's experiences were in this program. There were some there who were very much taking this program seriously and others that were not ready or willing yet to want to stay sober. One of the therapists there talked about how you must show up for yourself every day and actively be a part of your day, or you will get nothing out of it. Another group leader also put into perspective how fatal this illness is. They talked about how they have known people who have gone through this program, but they ended up eventually losing their lives to this illness due to relapse. It is scary to realize how much control substances can have over anyone, and sad to know how fatal it can be. A big part of this process is admitting that you are not in control and finding that higher power.</p> |
| <p>Step 2 Feelings</p> <p>I was truly excited to go to Dove Tree. I had visited a family member when they went there years ago, so I knew a bit about the center and how great of a program it was. I was looking forward to seeing what the schedule looked like on a regular day and being able to learn more about alcoholism and addiction. It was interesting to see people at different stages there. There were some who have been through the program before but came back after relapsing. There were some who it was their first time there and they were eager to get help, and others who made it clear they did not have any interest in being there and staying sober once they got to leave. The therapists were very understanding of this and even acknowledged that it just doesn't work the first time for everyone.</p> | <p>Step 5 Conclusion</p> <p>I learned more about the process of getting sober and how important it is to have community when staying sober. There were a few people in the program who said that they did not have anyone to turn to anymore because they have lost people in their lives due to the consequences of their addictions. The staff there discussed why it is detrimental to their sobriety to stay connected and be a part of AA after getting out of Dove Tree. People need to have a support system no matter what, and they need to be part of this community for the rest of their lives for it to work.</p> |
| <p>Step 3 Evaluation</p> <p>What went well about this event was that I really enjoyed it and was able to learn a lot. From the meetings, we discussed finding a higher power and how important that was in staying sober. I also learned about the different stigmatizations tied to being an alcoholic and how living with this illness is different for men versus women. The only thing I was disappointed about was that I didn't get to see music therapy. They were supposed to have it that day, but it did not end up working out.</p> | <p>Step 6 Action Plan</p> <p>Overall, I enjoyed my experience at Dove Tree, and I am happy that I got to learn so much from the staff and the clients there. I would not have changed anything about my experience there. This also helped me better understand the fact that you cannot force someone to get sober, you can only point them in the right direction. There are a lot of things in our lives that we are powerless over, and acceptance can go a long way for each of us.</p> |