

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>when I was at Dove Tree, I started off very hesitant. I arrived thinking the clients would be very reserved but when we started going to the group sessions, the clients were very welcoming. we were able to watch the clients morning intentions and they were all so hopeful. they each shared their intentions for the day & an affirmation & they all supported each other.</p>	<p>Step 4 Analysis</p> <p>when I was listening to everyone share their emotions & stories, I was amazed at how many people's stories were very similar. several of the clients either had abuse that lead to their addiction because they were trying to suppress those negative emotions, or they had a family history of addiction so they fell into the same struggles that their family members had. everyone sharing their stories allowed others to know that they weren't alone.</p>
<p>Step 2 Feelings</p> <p>when I went to the bunkhouse to watch the clients morning intentions I assumed they wouldn't want to share very much because there were strangers watching but I was wrong. when we walked in, they all greeted us & were very welcoming. each of them shared about when they truly felt free, what they wanted to accomplish that day, & a positive affirmation & after each one shared their affirmation, the rest of the group told the person "yes you are".</p>	<p>Step 5 Conclusion</p> <p>This event taught me that everyone has their own struggles but many people's struggles are similar. I learned that meditation, faith, therapy & having trustworthy people to talk things through with can make a huge difference in someone's life. everyone has struggles & no one can overcome all of their struggles completely by themselves.</p>
<p>Step 3 Evaluation</p> <p>listening to the morning intentions was very eye opening for me. I thought it was great that everyone was so open with their emotions & the stories about their past. I struggle with talking about my emotions & hearing the clients be so open & honest was very inspiring. I thought it was really great that all of the clients were so supportive of each other and I think the morning intentions as a whole went really well.</p>	<p>Step 6 Action Plan</p> <p>This situation overall was very enlightening. like I said in the box above I think it's great that the clients here are able to share their struggles with the group & are able to make friends that can possibly keep them accountable after discharge. In the future, I think I will be able to better communicate & understand my detoxing patients. I have heard many stories today that have shed some light on the struggles that many people face & how that can result in many other struggles & addiction.</p>