

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>When attending an alcoholic's anonymous (AA) meeting I was very appreciative of all the things that I learned and the stories I heard. I attended an evening session at southwest group on Labor Day weekend. The group meets in the evening in south Lubbock. There were many persons involved during this AA meeting. We discussed feelings and experiences that these individuals have been through on their recovery process. I listened as a visitor and participated by speaking on their truths and self-accountability that sometimes can be hard to admit. I commended them on their current journey and informed them that as a future nurse I am very proud of them as to simply attend one of these meetings as it can be hard, and that my thoughts and prayers are with them as they continue to better themselves, not only as recovering alcoholics, but also as a simple person. They bounced ideas, stories, and realization they had gone through during that week and expressed how their journey is still ongoing. The end result of this meeting was very eye-opening and made me very appreciative of them sharing their stories as well as having the ability to have a group of people who lead these meetings and allow other people dealing with alcohol abuse to share these eye-opening journeys that each go through.</p>	<p>Step 4 Analysis</p> <p>What I can apply from previous knowledge about the recovery process is that as mentioned before relapse may occur but that it is a normal part of self-growth and to take relapse in the perspective that it is a learning opportunity. The broader issue that can arise from the stigma and negative perception of relapse is that this could cause the individual to feel ashamed and possibly not admit or seek help when they feel as though they have failed by having relapse. What I can make of this is that we as nurses and just caring human beings need to never make judgement or have bias towards individuals that attend these meetings because we are never above being placed in the same situation and experiences that these individuals have gone through and how they have chosen to cope with life stressors. In my perception what is really going on is that some of these individuals have been given factors and experiences that lead up to their abuse of alcohol. Many of these individuals spoke on their childhood experiences and habits that they witnessed growing up in their own parents and lives. These experiences in the meetings were very similar in ways but some had different perspectives and outlooks on coping strategies and how to deal with these stressors and experiences. I feel that the sharing of these experiences as well how each individual deals with them is what makes these AA meetings so successful and therapeutic. The impact of different perspectives allows each of these members the ability to see what works for them and what may not work for them. It also gives them insight to know that they are not alone and they have a support system when they attend these meetings.</p>
<p>Step 2 Feelings</p> <p>In the beginning of the AA meeting I was very nervous. At the time I assumed that these individuals would be very aggressive and short with me. To my surprise the meeting was very eye opening. I walked in and was immediately greeted with handshakes and a proper induction of each member sitting at the table. The ways and stories that these individuals shared during the meeting was very admirable. Learning and seeing uncles and patients that have gone through alcohol withdrawals as well and what we had learned during class allowed me to see the perspectives and experiences that these individuals may have gone through to have gotten them to this point in their lives. Towards the end of the meeting as it wrapped up they together and hand in hand stated the Lord's prayer. It was so inspiring to see that despite these individuals current state that they still see good in the Lord and trust in his plan for them. The most important emotion and feeling that I experienced was that of self-accountability. The accountability that these individuals have and their want to better themselves not just for the benefit of their own but for those around them that they interact and create relationships daily. This feeling was inspiring to me in many ways of the struggles that I deal with daily. It reminded me of the self-accountability that I must find within myself if I want to truly become the best version of me. It reminds me that when I think I have it bad to take a look around and realize that you never know what the individual next to you may be going through.</p>	<p>Step 5 Conclusion</p> <p>In conclusion the ability to make this meeting better is not possible. I enjoyed being welcomed and felt very grateful for the sharing of their stories and experiences. Everyone was involved and made the meeting run very smoothly. What I have learned from this meeting was the recognition that each individual is accountable for their actions even actions that one may not want to admit to such as that of alcohol abuse. I also learned that these individuals just want to be seen and loved. Many of them spoke on how much the approval and love of others is what they may have not had growing up and how the alcohol abuse was a way for coping. I learned that they quickly found out that alcohol was a momentary fix and that when the "high" of the alcohol wore off it often times lead them down worse pathways and decisions that they may have not taken if they would have just recognized the need for help early.</p>
<p>Step 3 Evaluation</p>	<p>Step 6 Action Plan</p>

What was good about attending the AA meeting was the ability to see my own growth as well as the growth of others. What was bad about the meetings was my biased perception of what I would see and how the individuals would be in regards to me attending their AA meeting. In the same regards what was easy was the ability to attend the meeting. Their welcoming and acceptance of me as an individual was very comforting. It was however difficult to see how some of these individuals have tried to recover many times. What I learned in lecture the next day was that relapse is a natural process and to not gauge the persons relapse as a negative thought and instead to see it as a learning opportunity which is also what they see it as through these meetings of self-expression and personal experiences. What went well in my perception was the comfortability that I had after just spending a couple of minutes with these AA members, they were offering coffee and making jokes, and sharing their personal lives with someone whom they trusted by attending these meetings. I feel like my expressive thoughts on how inspiring they are and commending them on their recovery process and is what went well for me. You could see that the recognition of even someone as new as me means a lot to these individuals. What also went well was their own expressive thoughts and how they identified every waking opportunity as an opportunity to do and be better. I honestly did not have an expected outcome, I went in with an open eye and wanted to do my best to see the meeting from their perspective. There was nothing that went wrong in my opinion the meeting went as expected. Everyone was very helpful and appreciative when everyone shared their stories. I did my best to contribute to the conversation by expressive thought and showed appreciation for the welcoming I received.

As mentioned before I absolutely found attending this AA meeting very insightful. It allowed me to find understanding in what these alcoholics are dealing with and the possible resources that I may need to provide when treating or seeing them in the hospital care setting. The conclusions that I can draw is that each individual has their own recovery journey and time but that through sharing and expression they can find common ground and growth as individuals and as a group. In hindsight I would not do anything differently. I feel going in and never seeing the way an AA meeting is held was important for to me see. It allowed me to give genuine emotions and open up in the ways in which I would not possibly have if I would have attended and known the structure of the meeting. As mentioned in the future when I encounter someone who says that they may have an alcohol problem or may just need some way to express their life struggles. I can point them in the direction of a meeting such as these and inform them of my own self growth and understanding by attending the meet myself. As a future registered nurse, I will take into account the resources and coping ways that any substance user may need to be as successful as they can in their health and journey through life.