

~~AA Meeting~~

## Dove Tree

### Covenant School of Nursing Reflective Practice

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<p><b>Step 1 Description</b></p> <p>I spent my clinical day at The Ranch at Dove Tree. I sat in for several activities including group and music therapy. Group therapy included everyone introducing themselves and then a topic was introduced and people gave input as they wanted. Music therapy was interesting. People wrote down songs that were "triggering" for them. They were then played randomly</p>	<p><b>Step 4 Analysis</b></p> <p>In talking with some of the residents after, music and group therapy is a huge help to dealing with daily struggles. Songs that may be triggering for some may be healing to others. Hearing each person's music helped promote cohesiveness. The way they share experiences just shows them how they're not alone. Many of them shared that listening to others share their stories was incredibly helpful.</p>
<p><b>Step 2 Feelings and discussed.</b></p> <p>I felt a little awkward during group therapy b/c I could not relate much to the topics. By the end, I felt like I had learned a different perspective. Music therapy was fun b/c I love music and I was able to relate more. I enjoyed hearing the different music tastes and the thoughts they evoked from people. I can relate to a song being connected to events in life.</p>	<p><b>Step 5 Conclusion</b></p> <p>From group therapy, the biggest thing I learned was a new perspective. I had never thought about what happens after rehab. As a patient was leaving that afternoon, he shared his fear of "going back to the wreckage." He shared that he had regrets and that he was nervous that being back in that environment would cause relapse. The group was so incredibly supportive.</p>
<p><b>Step 3 Evaluation</b></p> <p>I can see now these therapies can help people grow and open up. The idea of exposing yourself to music you'd hear "in the wild" that could trigger you is a great idea. Music is everywhere. It is always a good idea to have a backup plan. I wish we could have done it in smaller groups so that everyone has a chance to hear their songs.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I think that this was a great learning experience for me. I will use this in the future to remind myself what my patients in situations like this are going through. Addiction is a lifelong struggle. Just like my patients with joint replacements can be scared to go home, so are addicts, or rather people with addictions. If I did it again, I'd love to ask more 1 on 1 questions.</p>