

PMH CSON Student Community Site Verification Form

Instructional Module: IM 6

Student Name: Lupe Trevino

Instructor Contact Information:

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Community Site: New Beginnings Date: 10/27/23

Student's Arrival Time: 8:30 a.m. Departure Time: 9:40 a.m.

Printed Name of Staff: Andrew Bryan Signature: 

Community Site: _____ Date: _____

Student's Arrival Time: _____ Departure Time: _____

Printed Name of Staff: _____ Signature: _____

Community Site: _____ Date: _____

Student's Arrival Time: _____ Departure Time: _____

Printed Name of Staff: _____ Signature: _____

Community Site: _____ Date: _____

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Printed Name of Staff: _____ Signature: _____

Covenant School of Nursing Reflective Practice

Name: Lupe Trevino

Instructional Module: 6

Date submitted:

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

<p>Step 1 Description</p> <p>I attended an AA morning meeting at New Beginnings. I was impressed by how many attended an early morning meeting. I let the attendees know I was there to observe their meeting because they asked if I was new to the group. The group was very nice and welcoming. The final outcome that everyone got to share their feelings that morning, and they felt content.</p>	<p>Step 4 Analysis</p> <p>I was able to apply empathy to today's meeting. I needed to put myself in their shoes to really understand why they attend AA meetings. The evidence in literature that we have studied that made sense for me during the meeting was Aaron T. Beck. I feel the attendees focused on thoughts that led to their problems. I believe many suffered from depression, and during their turn at the round table, many confirmed their sadness and feeling alone led them to relapsing in their addiction. Their leader had everything organized and orderly.</p>
<p>Step 2 Feelings</p> <p>I was nervous because I did not know how the group was going to react me being there. I had mixed feelings on why we had to attend an AA meeting, but I left the meeting understanding why we were sent there. The group spoke about their feelings that morning which made me realize that just by having someone's attention gave them happiness and relief. The most important emotion I felt was sadness because some attendees had deeper problems than just an addiction.</p>	<p>Step 5 Conclusion</p> <p>I was just an observer. I could not contribute to their meeting. I do feel like others in the group could have been more supportive to their fellow meeting friends. Many attendees would get up from their seats while another person was speaking. I feel that their could be something done about that unless they can't sit for too long.</p>
<p>Step 3 Evaluation</p> <p>The meeting was good to attend, but the down side was the stories that were told were a bit upsetting. The group made it easy to fit in, but it was difficult not show some type of emotion. Everyone in the group did well in sharing their stories or emotions. They were supportive to each other. I expected to come out of the meeting the same way I went in, but their stories truly touched my heart.</p>	<p>Step 6 Action Plan</p> <p>I really felt this meeting helped me not take everything for granted. I concluded we all deal with stress, anxiety, and many other issues in different ways. I can use today's lesson to help others with coping mechanisms, and teach them there are other alternatives other than alcohol and drugs to relieve their emotions. I will use this to be more empathetic and advocate for someone that needs help.</p>