

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>On Thursday 10/26/23 at 7:30pm my husband and I went to an AA meeting(Fellowship Group) in Clovis NM. I decided to attend an AA meeting closer to where I live (Frona TX) so my husband could join me. Before the meeting started, I noticed a couple of people standing outside the building smoking, which I believe people that were former drinkers also smoked or began to smoke to help reduce the craving for alcohol. So, in my head it made sense there were people smoking outside the building before the meeting started since they cannot smoke inside while the meeting is in session. I also chose to attend this group because a good friend of mine attends this meeting every Thursday to support her husband who struggles with alcoholism and my husband frowns upon it. And that is why it was important for me to take my husband so he can see, hear that alcoholism is not an excuse, that is a real mental health disorder. Before the meeting started, I was introduced to this very nice man named John who shared his story with me and stated he has been sober for the last 15 years and before that he had managed to be sober for 2 years until he had a relapse. John asked me if it was okay if he introduced my husband and I to the group members and exclude the part of me being a nursing student because there was a member present at the meeting that had a child going to the same nursing school as I was, and he did not want that individual being uncomfortable. I told John that was completely understandable and that we could say we were there to observe and support our friends. Once introduced, I was asked if I wanted to read the “Serenity Prayer” to get the meeting started. I was super nervous while reading it. The actual meeting was an hour long, my husband and I were able to hear other members stories, listen to their progress, and listen to a couple individuals that have had some minor setbacks in remaining sober. It was not easy sitting in that chair, but I enjoyed being able to sit next to them and have the privilege to hear their testimony of how they take it a day at a time and be successful and not have a drink.</p>	<p>Step 4 Analysis</p> <p>Were other people's experiences similar or different in important ways?</p> <p>Yes, because before this experience my husband had a strong belief that alcoholism should not be considered a mental health disorder that it was just an excuse people use for not having their life together. On our 40-minute drive to the meeting we had a discussion of why he had his “beliefs”, and I had my own opinions backed up by facts of why it is a mental health disorder and that he needed to go into that meeting with an open mind, silent lips and listen to what these individuals have gone through, to put himself in their shoes.</p>
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> • At the beginning I was feeling nervous because I was worried while we were waiting for the meeting to start and we were talking to my friend, her husband and the man named John my husband would make an insensitive comment regarding alcoholism. • When the man named John asked me to read the “Serenity Prayer” I was shaking, my voice was trembling, and I got emotional as I began reading the second sentence that by the time, I finished reading the last word my eyes were watery. 	<p>Step 5 Conclusion</p> <p>What I learned from this meeting is that no matter how hard it is for these individuals to remain sober they continue day by day with their commitment with sobriety. And although we did hear a few that have experienced a relapse recently they refuse to give up and once again take it one day at a time.</p>
<p>Step 3 Evaluation</p> <p>I found it difficult to listen to the stories of the individuals who were new to AA meetings. I guess I was not mentally prepared to hear one of the individuals’ experiences of what led them to their path of dealing with alcoholism and how they ended up in Clovis NM at such a young age. Their experience was heartbreaking.</p>	<p>Step 6 Action Plan</p> <p>I will use this experience to further improve my practice in the future by always keeping in mind that I need to be mentally prepared, that I will never know what will come out of a patient’s mouth and that is okay. Because not every patient that I encounter will be the same, the best way to be therapeutic is to take a deep breath, listen, take in what they said before I come up with a response immediately. Because not having an immediate response is okay.</p>