

Covenant School of Nursing Reflective Practice

Name: Katelyn Kelley

Instructional Module: 6

Date submitted: 4/20/24

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 I attended the Agape Women's AA meeting and had a good time. We meet at the Agape First United Methodist Church. This group was full of wonderful women sharing their stories. We got to hear the reading of the 12 steps as we had never been to meeting before. It was really awesome to hear a lot of the women were happy to hear it again.</p>	<p>Step 4 Analysis Usually, I see alcoholics that are super sick or on their worst days from working at CMC. It was amazing seeing these women healing together! This therapy really works and helps those struggling with alcoholism. This place is a safe space for them to share their thoughts and feelings. I loved seeing this therapy at work.</p>
<p>Step 2 Feelings I enjoyed getting to sit and listen to these women. Some were old further along in their sobriety than others but they were all very welcoming. I admire them for having so much courage and bravery for changing themselves. It's very hard to change habits but they were very open and about this.</p>	<p>Step 5 Conclusion AA is very important for those who struggle with an alcohol addiction. Having a support system and group therapy really help during this tough journey. Some of the women had been sober for years all thanks to AA. This really works and is great for someone who may not have a family or friend support system.</p>
<p>Step 3 Evaluation I could tell this group had such a bond with each other. For some, this is their only form of a support system so it's very important. They welcomed newcomers with open arms and were very kind. They all listened as each woman spoke and were very encouraging. I loved how supportive they were.</p>	<p>Step 6 Action Plan Overall, I enjoyed going to AA and seeing this therapy in action. My big take away is to not judge others. We do not know what others are going through. I want to be as supportive to my future patients as these AA ladies were for each other. I learned a lot and had a great experience.</p>