

AA Reflection (300 word minimum)

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	
<p style="text-align: center;">Clinical Judgment</p> <p>As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge? • Can you apply these learnings to other events? How can you use this to further improve your practice in the future? • What have you learned from clinical? 	
<p style="text-align: center;">Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?)</p>	
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the outcome? 	

<ul style="list-style-type: none"> • What is the most important emotion or feeling you had? 	
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about AA?</p>	

1. Safety and Quality

I make sure not to bring anything that can be used to hurt myself or anyone else in the meeting such as lanyards, knife or anything that is sharp or pointed materials. The therapist and employees made an effort that the area where the group therapy session is done is of appropriate temperature, chairs and tables were arranged in such a way that clients can participate without obstacles that would hinder understanding of what they say to the group. The room was decluttered in such a way that passageways are not blocked for easy access to the bathroom and other necessities.

2. Clinical Judgment

The approach was more of a non-pharmacological. Talks leaned towards triggers that keep them from being sober and behavioral solutions towards becoming one. Empowerment to the clients was emphasized but it is up to the clients to behold themselves in acting up on it. Teachings are more about what self-control is rather than trying to change things they don't have control over it. We surely can benefit from all of this if we only know how to be flexible and not to be stressed about small inconveniences. Mistakes can never be solved by another mistake as what the client said.

3. Patient Centered Care

A couple caught my attention out of the whole group. From the looks of what I saw in them, they look like they are happy with each other but for some reason they ended up in such therapy. There must be some problems along the way that made them to be an alcoholic. I wasn't able to have conversations with them as the session was ongoing and I don't want anybody to be disturbed. My recommendation/s for the couple is to grow in the therapy sessions and make a bold move to better themselves.

4. Professionalism

Punctuality is of utmost importance in alcoholic anonymous because it only lasts for an hour. Introducing themselves and the reason why they are in such group is the start then therapist immediately talks about the 24 basic principles of alcoholic anonymous. Actively listening to the clients and therapist provides a lot of information about why and how to resolve being an alcoholic.

5. Communication and Collaboration

Time is of constraints attending alcoholic anonymous. Usually, you just go and sit and listen to everyone while the session is going. I think it is best that if someone attends to group therapy like this is to have neutrality about people you will meet and don't have prejudice about the situation this clients are experiencing.

6. Feelings

I felt really excited about attending alcoholic anonymous because I haven't been to any. I just want to see it and experience it up close and personal. I want to know how the conduct of said therapy as well as the people that attends to it.

7. Evaluation

It was very educational as well as emotionally uplifting to see a lot of people in this situation are trying to better themselves one step at a time.

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New Beginnings-AA