

I accomplished a quality environment by showing up early and showing that i was interested in the group.

I can apply understanding what group therapy is from previous knowledge and what separate groups are used for. I can apply this knowledge to future events by knowing what type of group it is and how things work for that group. I can use this to improve my practice in the future by helping others understand what kinds of groups are available as resources. I have learned from the AA clinical that this disease is a tough and hard disease to deal with. Many of the members shared how they would not be able to stay sober without the help and support of other sober people. These support groups are the only thing that some members must do to keep them sober, so they are especially important to have.

There was one client in the group that recently became sober, and I recommend that he continues to return to AA meetings to keep getting the support from his peers that he needs. This disease is not something that can be maintained alone.

I remained professional by showing interest in everyone's discussions. I showed up early and introduced myself to everyone. I shared that I was a nursing student and there to listen.

I utilized therapeutic communication by showing nonverbal communication. Listening to everyone share what they had to say, I showed interest by nodding in agreement. This is the most important thing when listening to someone speak.

At the beginning of the meeting, I was a little nervous because I did not know what to expect. But as soon as I stepped into the room everyone made me feel welcome. No one acted like a stranger, and they were so polite. This made me feel extremely comfortable and willing to share when it came to my turn. The most important emotion I had was happiness. The way the group interacted, joked, and comforted each other was amazing. i didn't know what i was going into before I got there but it was not what I expected. This was an amazing experience.