

AA Reflection (300 word minimum)

<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I was able to smile, talk, and interact with the people attending AA in a positive way which would help maintain a quality environment and milieu.</p>
<p>Clinical Judgment 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>I was reminded about learning about group therapy participant roles, and I definitely saw these roles play out. There was the leader, as well as one man who kept people on topic to keep the meeting a “safe space.”</p> <p>I was impressed by the affirming and validating language used in the group. Although I was not the target audience, I noticed myself feeling empowered and encouraged to do life better too. I hope to learn to speak in ways that similarly encourage in my future clinical practice.</p>
<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>As different people went around the room to share, one of the people mentioned that they did not bring their hearing aids and could not hear anything that was being shared. This is a barrier to treatment. I have good hearing and even I struggled to understand some of what was being said around the room, especially when they were reading something out loud as when they did that, they tended to slur their words more than usual. I would suggest a smaller room, encouraging less background noise, or printing out more of the papers that were being read so that people could follow along better.</p>
<p>Professionalism 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>The scripted nature of the first half of the meeting set the tone of professionalism. I followed the pace set by the group leader.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I wasn't expecting to speak in the meeting, however despite knowing that I was there as a nursing student, when it came around the circle to where I was sitting they asked me to share as well. I was shocked at first, but I took the opportunity to be as encouraging and affirming as I could without taking too much time from the actual group members.</p>
<p>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? • What is the most important emotion or feeling you had? 	<p>At first, I was very nervous to go to AA. I was afraid I would be rejected for sitting in a meeting without being a member or an addict.</p> <p>I shouldn't have been nervous because it was a very welcoming environment, which makes sense because they are trying to be as welcoming to newcomers as possible because they don't want to scare away anyone that could use their help.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>What most stood out to me was the culture of kindness cultivated by the Southwest AA Group.</p>