

Morgan Brooks - AA reflection

4/8/25

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| <p><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>   | <p>There was nothing in particular I did to maintain a safe and quality environment. I put my phone up during the discussion and put any distractions away.</p>   |
| <p><b>Clinical Judgment</b></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"><li>• What can you apply to this situation from your previous knowledge?</li><li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li><li>• What have you learned from clinical?</li></ul> | <ul style="list-style-type: none"><li>- A way I was able to integrate classroom knowledge to the experience of AA group meetings was by understanding that the people there are just like anyone else. There were older people, young people (one girl was 19), parents, siblings, etc. These people are just trying to get back to a normal life and that's something everyone strives for; a sense of normalcy</li><li>- Overall from this experience I can apply it to my everyday clinical and future work life. People are there to get better, because they want to get better, because they want to go back to what was their normal. They are humans too with feelings and emotions, and they deserve the love, care, and respect just as much as the next person</li></ul> |
| <p><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>   | <p>One person from the group was a 19 year old girl who was not an alcoholic but had gotten into some drug use. She went today to learn and find people like her who are working to get better every day.</p> <p>Recommendations I would have for the girl are to continue to come and be in this strong community. She made the moral choice of coming to see what it was like and see what it could offer her, and I think she should continue to go and learn and find what is best for her before it escalates to more extreme.</p>   |
| <p><b>Professionalism</b></p>  | <p>I was able to maintain professionalism by actively listening to the group</p>  |

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| <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>and those who chose to speak today about their higher power, the steps they follow, and their will to choose to be the best they can be each day. This has taught me that in practice actively listening can do so much more than one might think. Just being there and engaged when a person is feeling low can change anything. What this has taught me about myself is I need to work better on active listening in real life with my friends and family. I can become narrow sighted when something is on my mind and I choose to listen to what I want to listen too.</p>  |
| <p><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>  | <p>A way I used therapeutic communication was after the meeting. The lady sitting next to me started talking to me afterwards, asking about small things she noticed like my rings or my bag I was using. I engaged in the conversation with her and recognized her interest and curiosity.</p>  |
| <p><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>● How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> <li>● What is the most important emotion or feeling you had?</li> </ul> | <ul style="list-style-type: none"> <li>- At the beginning I was nervous and scared, and I was not sure what to expect.</li> <li>- At the time I truthfully was thinking I cannot wait to get this over with so I dont have to worry about it.</li> <li>- The event made me feel proud of these people. They all support one another, cheer them on, and welcome anyone.</li> <li>- One thing that stood out to me was in the discussion one person said that his will does not control others, it controls himself. That stands true to anything, not just addiction. It is something I will take on in life with me because I can only control myself and my actions, and that is something I need to remind myself.</li> <li>- The most important feeling I had after the meeting was grateful for my life. People talk about how they are grateful that they have rent to pay, insurance to pay, a simple job to work becasue that was something addiction took from them. And it made me grateful for the life I have, because I may complain about it at times, but it truly</li> </ul> |

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|  | is amazing and I have not had to deal with the same hardships that others have.   |
| <b>Evaluation</b><br>What stood out the most about Aspire, AA, or Oceans | What stood out the most to me from AA was the community that the people create and a sense of family the people bring. Some of these people do not have close family that support them, but each one of them shows up for the other, they are in this together, and it creates a family that is strong, powerful, and allways there for them. |