

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>Since I was visiting a small, close—knitted, women’s group, I decided to introduce myself and make it known my purpose for being present. Considering they were all familiar with each other, I wanted to make sure that everyone felt safe to discuss whatever they felt like sharing.</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>Based on what we have learned in lecture, there are several reasons people chose substance abuse to cope with everyday stressors and most times the common denominator being unresolved trauma and ineffective coping mechanisms. I was able to witness firsthand tales about the why behind choosing substance abuse and what proved successful in helping them recover their addiction. I learned we are all human despite our diagnoses and we all deserve to be cared for despite how different that may look.</p>
<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>There isn’t any one person I could point out, but collectively I think these women should continue to attend their AA meetings long-term to help them remain successful in addition to personal counseling sessions to talk through those unhealed wounds and trauma that comes to the surface during certain triggers.</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>Always being open-minded and nonjudgemental. I set my own personal beliefs and biases aside to understand this person as a whole, not just their flaw.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Making sure that everyone knew I admired their intentionality and courageousness with taking charge of their own healing and overcoming their addiction.</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? 	<p>I was nervous at the beginning because I did not know what to expect. However, upon entering the room, everyone was so welcoming, pleasant and kind. This made my nervousness decrease and allow me to really enjoy my time there listening to these women do life! The most important emotion/feeling I experienced while there was “reverence”, I was just in awe of the wonders of God’s goodness.</p>

<ul style="list-style-type: none">• How did this make you feel?• How did you feel about the outcome?• What is the most important emotion or feeling you had?	
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most to me at AA was how the women were so open to sharing their stories and their testimonies about God's grace upon them.</p>