

Safety & Quality- I maintained safety and quality of the environment by respecting the members anonymity, and by being engaged and nonjudgmental during the meeting.

Clinical judgment- During lecture we learned that people who struggle with alcohol will most likely have a lifelong journey of managing their alcoholism, and I applied this knowledge to what I learned from the members of the group because most of the people in the group talked about how their addiction to alcohol started at a young age and they have still struggled with sobriety as older adults. This experience has taught me to have empathy for people who have struggled with addiction because sobriety can be a lengthy process that takes a lot of discipline and patience to achieve.

Patient centered care- There was one member that stuck out to me because they have struggled with addiction to alcohol from a young age, but he was saying to the group that he gets extremely angry when he drinks which made him very aggressive when he was intoxicated, I recommendation or intervention I would suggest besides AA is anger management counseling.

Professionalism- I maintained professionalism by being on time to the meeting and being respectful and listening to the group members share their experiences. I also followed along in the book that the group was reading all together.

Communication and Collaboration- I used therapeutic communication by listening to the group members share their experiences.

Feelings- I felt anxious in the beginning because I did not know what to expect and there was not a large number of people there so I felt a little out of place. The members were friendly and welcoming so that helped me to feel more comfortable. During the meeting I was thinking about how difficult it must be to have a lifelong struggle with addiction and the effects that it has on the members' family. I also believe that the alcoholics anonymous program is extremely helpful in supporting people as they are going through sobriety.

Evaluation- What stood out to me about AA was that everybody in the group was respectful and nonjudgmental to the members and they are extremely supportive of one another because they have all gone through similar experiences.