

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>I was respectful of the environment. Upon entering, I asked whether I should sit at the table or in one of the back chairs. At the end, I participated in holding hands, placing my right foot forward, and reciting the Lord's Prayer.</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>In listening during the meeting, I was able to recognize that alcoholism is a disease, and that even though the participants wanted to change, they needed help breaking the bonds of addiction.</p> <p>Following the AA meeting, a Narcotics Anonymous meeting was scheduled to take place. Recognizing that addiction to narcotics is also a disease, I would be able to understand that those participants also struggle with a disease.</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>One client in the group was upset that he had not had any contact with his daughter for the past 15 years. He stated he has been sober for a year and that he has gone back to work and stabilized his financial situation. He wants to wait until he is sure he is in the right frame of mind before he contacts the young woman. No one knows how much time she or he has left, however. I would recommend that the two of them attend family therapy with a neutral mediator.</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>I maintained professionalism by not judging those present and being empathetic towards them.</p>

<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I was not asked to introduce myself and did not speak during the meeting, however, I paid attention to what was being said. I maintained my posture, was not a distraction to others, and nodded in agreement to what what was being said.</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>I was apprehensive about attending the meeting, however, I found it was a good experience.</p> <p>I appreciated their adherence to their traditions, such as an initial reading of the rules.</p> <p>The group had been reading through The Big Book, and they were on page 161 out of 164. One person read aloud, as the rest of us followed along. Occasionally, they would stop and discuss what had been read. I was impressed by the insightfulness of the group. I also found it interesting that they didn't allow for their own interpretations of what was read, rather, they cross referenced other sections of The Big Book.</p> <p>They also took time to share pieces of their stories and to express their gratitudes for being accepted by the group. I found their stories to be touching, and I am glad that the group, much like those who created the program, found acceptance and a hope for the future.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>One of the stories that was told from The Big Book was one of surviving a shipwreck and finding common ground with the survivors.</p>

The chair of the meeting talked about how such survivors might initially be drawn together for reunions to talk about the shipwreck, but that in time they would contact one another less and less.

In the end it would not be the shipwreck itself that drew them together, but the common ground of what it took for them to survive.

In their world, the importance was not a particular group of alcoholics meeting in a specific place, but what matters is each of their adherences to the AA program. It works and they must each maintain their commitment to the program to continue to survive.