Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	While at an AA meeting, I maintained a quality, safe, environment by exhibiting a non-judgmental therapeutic communication and non-verbal communication towards the members of the group.
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • 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?	The AA meeting is a form of support group therapy – a type of therapeutic therapy to help others not feel alone in their struggles, build confidence, and cultivate a community. They also have a chance to story tell in a support group. I witnessed the group create a community with each other. They were very welcoming to me and to the members in their group. I could see the benefits from the support group by the stories the members told during the meeting.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	One member in the group had a history of alcohol abuse and hit a point in this person's life where the realization came apparent that it was necessary to address this addiction. Although this member in the group wanted to pursue recovery, this member also had family who struggled with alcohol abuse, and they did not want to stop drinking. This person would benefit from adhering to a plan of pre-determined triggers related to the family and a list of resources to have on hand.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I maintained professionalism in my speech and active listening during the meeting. I talked with each member with respect. I also had called ahead the day before the meeting to confirm time and location. One the day of

	the meeting a showed up on time and introduced myself to the group contact.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	The group was excited that I was studying nursing and wanted to share insights on their experiences and explain their knowledge on addiction and recovery. I asked questions regarding their emotional experience and what lead them to pursue recovery. I avoided judgmental questions like 'why questions' and avoided comments that stated my opinion.
Feelings • 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?	When I first got to the meeting, I didn't know what to expect. By the end of the meeting, I felt encouraged and enjoyed my time listening and learning about what support therapy was like and people's stories and experiences with alcohol abuse and the struggles of recovery. I felt encouraged that support therapy really seemed beneficial to these people. It also seemed beneficial to the family members and friends of the people who attended the meeting and those who were committed to implement a mental health plan to help them to succuss.
Evaluation What stood out the most about Aspire, AA, or Oceans	The thing that stood out the most to me during my time at AA was the impact alcohol had on these people lives. From the members' stories, I realized the significance of understanding how alcohol affects the neuro system. To best help these people who struggle with alcohol addiction, it is vital to understand what happens in the brain and the changes that happen in the neurotransmitters and the chemical alterations in the

	body.