

AA Reflection (300 word minimum)

<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I reached out ahead of time to let the group host/coordinator know that a student would attend the meeting and I would ensure that the members were aware that I am a student upon arrival.</p>
<p>Clinical Judgment 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>While attending an AA meeting, it was good to see the other members would use therapeutic communication with one another. Along with that, they would acknowledge how the person sharing felt. They would say things such as “I’m glad you are here”, or “Thank you for sharing”. Based on previous knowledge, I know this type of communication helps establish a safe and open environment for someone needing a place to share and be vulnerable. Through this, I have learned more ways to incorporate therapeutic communication through witnessing the interactions at the AA meeting and I can use this for future patient or peer interactions. I also learned, like usual, some people just need a place to talk or a routine, such as scheduled meetings to help deter from a problem or situation someone may have going on.</p>
<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>There was a certain woman in the group who was sharing she was having a difficult day and was struggling, with tears type of emotional difficulty. She reached out to her sponsor and was taking the sponsor’s advice on how to face her challenges, one of the tips being to attend a meeting, which thankfully she did, and another thing mentioned that she should do was to take a hot bath. I would have recommended for her to follow through with the hot bath and reach out to her sponsor again at the end of the day if needed.</p>
<p>Professionalism 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 introduced myself when it was time to during the introductory part of the discussion and I sat quietly during the meeting to have respect and give space to those utilizing the AA meeting.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I would use judgement free responses and mostly sat in silence to help the feelings be present.</p>
<p>Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? 	<p>I was nervous in the beginning, feeling as if I would burden or interrupt the safe space that</p>

<ul style="list-style-type: none"> • 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>should be AA, but immediately I was welcomed into the group. The words of the members that were shared made me sad. I could sense their sadness and heaviness they were dealing with. In no way am I saying I understand, but I could feel the tension. I left feeling sad also because this is a big burden people live with day to day.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>I could tell from the little group I attended that they have their community / village that they have created there.</p>