

Klymzeigh GOMZATES

10.31.25

Aspire AA and Oceans Reflection (300 word minimum)

Safety & Quality

Describe anything you accomplished to maintain a safe, quality environment

During the AA meeting, I maintained a safe and respectful environment by following facility rules, protecting confidentiality, and being mindful of appropriate boundaries. I remained observant and ensured my presence did not disrupt the group's routine. By being attentive and respectful, I contributed to a supportive and nonjudgmental atmosphere.

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?

As I listened to members share their experiences, I connected what I've learned in class about addiction as a chronic disease that affects physical, emotional, and social health. I recognized the importance of coping mechanisms, triggers, relapse prevention, and therapeutic communication. Hearing members discuss relapse and continued attendance reinforced the concept that recovery is a lifelong process. I can apply this knowledge in future nursing practice by approaching patients with empathy, avoiding stigma, and understanding the role of support groups in holistic care.

Patient Centered Care

Identify one client in the group, what concerns, recommendations/interventions would you suggest?

One member arrived late and was very upset about personal issues. Instead of turning to alcohol, he expressed gratitude after the meeting, saying his problems were small compared to losing his sobriety. For someone like him, I would recommend continued support through AA, stress management strategies, and possibly counseling or CBT techniques to manage triggers and emotions.

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 by being respectful, dressing appropriately, listening without judgment, and honoring anonymity. This experience taught me the importance of humility, empathy, and recognizing that recovery takes courage and vulnerability.

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| <p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p> | <p>I used therapeutic communication by offering supportive body language, eye contact, and active listening. I did not offer advice or interrupt but remained present and respectful, which helped build trust with the group. The group expressed how grateful they were to have us there to listen to them and how it is important for everyone to see how addictions affect their lives.</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>At first, I felt nervous and curious because I didn't know what to expect. Once the group welcomed us, I felt more comfortable and grateful to be included. Hearing their stories made me feel empathetic and inspired. The sense of community and vulnerability made me reflect on how strong people in recovery truly are.</p> |
| <p>Evaluation What stood out the most about Aspire, AA, or Oceans</p> | <p>What stood out most was that the meeting was completely run by AA members. There was no judgment—just support, honesty, and hope. The fellowship they shared, including events and gatherings, showed that recovery is not just about stopping alcohol use, but about rebuilding life with community and purpose. They showed that they can pick up even if they fail or feel like they are going to give in to their addiction.</p> |