

Aspire, AA and Oceans 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>Attending an AA meeting provides a safe, supportive, and nonjudgmental environment for individuals recovering from alcohol use disorder. The group promotes emotional safety by maintaining confidentiality, mutual respect, and acceptance, allowing participants to share openly without fear of stigma or criticism.</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>During the AA meeting, I was able to integrate my classroom knowledge about therapeutic communication, addiction, and recovery into what I observed between the group members. I recognized the use of active listening and empathy, which helped create a trusting and supportive environment. From my previous knowledge, I understood how peer support and group therapy can promote accountability and help individuals maintain sobriety by reducing feelings of isolation. I can apply these learnings to other clinical experiences by being more mindful of how nonjudgmental communication and active listening impact patient engagement and trust. This experience reminded me that recovery is a lifelong process and that providing emotional safety and encouragement is just as important as physical care. From this clinical experience, I learned that AA meetings are an essential part of recovery, providing structure, connection, and hope. It reinforced the importance of compassion, confidentiality, and patient-centered care in mental health nursing.</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 person that stuck out to me, shared that he had been in a severe car accident related to drinking and driving, resulting in ICU care and burns over 50% of his body. After leaving the hospital, he started drinking again because he believed he could control his drinking but soon realized he needed help when he didn't like how he felt. I would recommend continued participation in AA, ongoing professional counseling, and developing coping strategies to address triggers and negative thoughts about "controlled drinking" to support long-term sobriety.</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 during the AA meeting by showing respect, empathy, and active listening toward all participants. I avoided judgment, maintained confidentiality, and participated appropriately without interrupting or dominating the discussion. This experience taught me that professional practice means being present, compassionate, and supportive while maintaining boundaries. It also helped me realize the importance of self-awareness and nonverbal communication—how simply listening and showing respect can make patients feel valued and understood.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>We didn't <u>contributed</u> to the conversation too much, making sure that they could have their normal meeting and maintain that sense of comfort with their group. All I stated at the meeting was my name and that I was there to just listen and observe.</p>

Feelings

- How were you feeling at the beginning?

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<p style="text-align: center;">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 the beginning of the AA meeting, I didn't know what to expect going in, but I was quickly put at ease when everyone came up and introduced themselves, making me feel welcomed and glad to be there. As the meeting continued, I realized there was a strong sense of community support, and it was clear that everyone genuinely wanted to help one another. The group members were very supportive and open, listening attentively and allowing each person to express their feelings without judgment. This made me feel inspired and grateful to witness such compassion and understanding among people who have faced similar struggles. Overall, I felt very positive about the experience, as it showed me the power of peer support and how a safe, judgment-free environment can truly make a difference in recovery. The most important feeling I took away from this experience was hope—seeing how connection, honesty, and shared understanding can lead to healing and growth.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The overall support for each member in the group and that a lot of people have the same experiences and the hardest part is admitting to themselves that they have a problem.</p>