

AA COMMUNITY REFLECTION (I couldn't get the table to copy and paste so this is the best I could do)

Safety & Quality	I wasn't in a setting in which medical cleanliness or safety was really involved besides maintaining personal hygiene.
Clinical judgement	I was very interested to see that a lot of the information the leader gave was things from Maslow Hierarchy or Freud so clearly that it tied in significance to what our last exam was over. Also, seeing the Group therapy type environment was more about supporting one another than truly giving advice or guidance.
Patient Centered Care	I think one person stuck out to me was an older gentleman who has been sober since 1975, I think he said. To me I'd classify that person as what they called a "normy" someone who doesn't seem to have a problem. However, he attends every meeting and has for years. He says he goes to AA group because those are his people, his family, the ones who keep him from drinking when times are hard and when times are scary. I believe this group and community does so much for these people. I have no recommendations; he's doing everything the program was designed for
Professionalism	I believe I maintained professionalism by not oversharing it. I have my own personal story, and I believe I was able to use my personal life and experience to relate to the clients more without disclosing too much information about myself on an unprofessional level. However, maintaining my emotions was a bit challenging at some points but i still believe I maintained the correct level of professionalism.
Communication & Collaboration	The therapeutic communication that was mainly used was sitting in silence. I spent the meeting listening to the stories and experiences of these people. I do believe

	<p>that this experience hearing their story will be a tool I can utilize in my professional practice not just the sitting in silence part but listening to their perspective takes away a lot of the judgement I believe a lot of us have when initially working with someone in addiction.</p>
Feelings	<p>I was nervous in the beginning because i felt like I didn't belong. And not in the "I'm better than them way" in the I feel like I'm intruding on something personal and violating their privacy by not sharing that unique experience...way. Everyone was so very welcoming and didn't make us (Zakeia and I went together) feel like we were out of place. We were asked to do the readings for the day at the beginning which I thought was kind of them to include us in. I think I resonated with so many of them as a daughter to parents of addiction and seeing parents actively in addiction, hurting, hoping to mend relationships with family that may not want anything to do with them right now but holding o to the hope that they will want to once they see the hard work they have done, once their sober, it's so hard to see because I've been the family member keeping my kids away and I never thought about their pain in the situation I just used it as a punishment almost. It has changed my perspective. My most important emotion, I believe, throughout all of these clinical experiences, is empathy.</p>
Evaluation	<p>The thing that stood out most to me about AA was the unity of the group. How happy the older sobriety people are to see the newly sober or even the wanting to be sober people there. And it warmed my heart. They cheered just as loud for 1 month just as loud as they cheered for 24 hours and i believe that right there is something so meaningful.</p>

