

Aspire, AA and Oceans Reflection (300 word minimum)

1ST AA meeting- 2/2/2026- New Beginnings

<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>At the meeting, I introduced myself and let them know that I was a student. I wanted to try and keep the room stress-free, a new in a meeting that is meant to help you can make people feel uncomfortable.</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>Nurse-patient relationship and therapeutic communication was what I referred to when coming to the meeting, the use of silence and active listening, just being present help the client.</p>
<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>The client from this meeting that has been sober for 6 months and my recommendation for him would be to continue the meetings. The meetings have been beneficial to help with the support from others.</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>During the AA meeting, I listened more than I spoke, allowing the client to speak without me interrupting them. I respected confidentiality, what was discuss stayed at the meeting. I did not share any names or repeat other stories.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>When the clients were introducing themselves and telling us their story, I made eye contact with them and gave them my full attention. I didn't make them feel judged or their feeling invalid.</p>

<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>Prior the AA meeting and at the beginning I was nervous, and I thought to myself, “I really do not want to go to this meeting”. Not because I was being judgmental, but I didn’t want them clients or the people who are attending to feel as if we are judging them while we sit there and listen to them and their story or their addiction. Once we get there everyone was very welcoming and I got to listen to some awesome stories.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me at the AA meeting is how they had the inside of the building, it reminded me of a living room. They really want people to feel at home and comfortable.</p>