

Signature: _____ Bethany Waugh _____ Date: __04/10/2025_____ Box: _____

NUR323
SUBSTANCE ABUSE SELF HELP GROUP
CLINICAL EXPERIENCE

Substance Abuse Related Support Group
(AA, Narcotics Anonymous, or AL-ANON meeting, etc.)

PURPOSE:

The purpose of this activity is twofold: 1. to increase the student's awareness and knowledge regarding group dynamics that occur within meetings and 2. experience another setting involving clients with substance abuse issues. It is expected that you will apply what you learn during future interactions with others, including your clients. (*This assignment is counted into off-site clinical hours for the course.*)

OUTCOMES:

The learner will:

1. List the goals of Alcoholics Anonymous, Narcotics Anonymous or AL-Anon, etc.
2. Identify membership eligibility. (What does one have to do to become a "member"?)
3. Identify the referral process to AA or Al-Anon, etc. (How can someone join? Who can and does refer them to the meetings? Could you refer someone to a meeting now that you know about an AA meeting?)
4. Describe the meeting's events from direct observation. What happened at the meeting you attended?
5. Discuss the role AA, NA or AL-Anon plays in relationship to the members' day-to-day life (12 step implementation). How does this group/AA attendance help them to stay sober?
6. Describe the insight gained through this learning experience, and how this insight may be useful with future clients. Worth 20% of the grade, it is expected that critical reflection of the learning experience is evident within the description provided.

DIRECTIONS: (Total Possible Points are 25)

1. Attend an AA, NA or Al-Anon, etc. meeting. Wear appropriate street clothes. Do NOT wear your uniform or lab coat. Introduce yourself to the group leader prior to the meeting. During the meeting you will most likely be asked to introduce yourself by your first name and to state your reason for attending. You are to observe only. Save your questions for after the meeting, then you may query the leader or a member. Meeting listings can be found in your local paper or in the course packet. You may only attend "open" meetings. You may attend a meeting in your local hometown area, if is more convenient. No more than two students may attend the same meeting at the same time.
2. Prepare and submit a ***formal typed report addressing each of the above outcomes*** and any other observations, thoughts, etc. you would like to discuss. Remember even though you may attend a meeting with a peer, you are not to discuss the meeting in the preparation of your graded assignment. This is considered to be an independent work. Appropriate APA format must be used for referencing. Appropriate spelling, grammar and complete sentences are expected to be used throughout this assignment. Do proofread prior to submitting.

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Grade Sheet

NAME: _____ DATE: _____ Box # _____

CRITERIA	POSSIBLE POINTS	EARNED POINTS	COMMENTS
1. Goals of AA, Al-Anon, etc.	2.5		
2. Membership eligibility.	2.5		
3. Referral sources for AA, Al-Anon, etc.	2.5		
4. Meeting description.	7.5		
5. Insight gained through this learning experience, and how this insight may be useful with future clients.	7.5		
6. Complete APA reference list. Proper Spelling/Grammar.	2.5		
TOTAL SCORE	25		

HONOR CODE STATEMENT:

I HAVE NOT RECEIVED, KNOWINGLY GIVEN, NOR TOLERATED THE USE OF UNAUTHORIZED AID ON THIS WORK.

SIGNATURE: _____ DATE: _____

The goal of Alcoholics Anonymous is to help its members maintain their sobriety by providing a supportive community for them to express themselves in. The only requirement to become a member of Alcoholics Anonymous is to possess a desire to stop drinking. There are many ways to be referred to Alcoholics Anonymous, including concerned friends and loved ones, healthcare providers, therapists, employers, or a religious role model. However, many people decide to seek out help and find a local Alcoholics Anonymous on their own.

In the Alcoholics Anonymous meeting the leader of the meeting read the Alcoholics Anonymous preamble to get everyone on the same page and said a short prayer. After the leader finished their introduction, they invited anyone who was new who was attending the meeting to introduce themselves. Once the introductions were done the members at the meeting who felt like sharing their thoughts and experiences took turns doing so and provided open ear and emotional support to struggling members of the meeting who needed it.

I enjoyed attending this meeting and I learned a lot about how far having a safe place to express fears, struggles, and concerns can go when it comes to helping someone struggling with addiction. I think that the 12 steps program in Alcoholics anonymous serves as a guiding light to help alcoholics work their way through their addiction in small, manageable steps that don't overwhelm them or make them feel pressured, which is one of the reasons that the program is so successful.