Self-help Dynamics Analysis

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There are different kinds of community resources for a person who struggles with alcoholism or other narcotic addictions. A person can find online meetings, in person meetings, counseling, and so many more resources. AA meetings and NA meetings provides supports to individuals through all their stages of recovery. These meetings help each member discuss sobriety issues in a confidential, low-key setting and helps assist them learning and improving coping skills and taking responsibility of their choices. The more meetings a person attends to the more beneficial it is for the person.This paper will discuss the goals, guidelines, expectations, and other useful information.

List the goals of the group meeting they are attending.

The two videos that are being viewed are AA for beginners and Narcotics Anonymous. These videos were made to help individuals gain knowledge about who can attend, why someone may attend, and the goals of the meetings. The goals of an AA or NA meeting is to allow those who have suffered from alcohol or narcotic abuse to live a sober, happy, and functional life without needing to drink alcohol to function. can share their experiences, to share their strengths/weaknesses/hope, and to allow them to help each other recover from alcoholism.

Identify membership eligibility.

If a person has no knowledge of AA or NA anonymous meetings, they may wonder who is able to attend. This is a free program. It is funded by the members through donations. If a member is unable to donate, that is okay. The only requirement to becoming a “member” of an AA group or NA group is to admit that

you have no power over your addiction to alcohol or narcotics and that you want to stop drinking alcohol. One reason why a person would be rejected from attending a group meeting if it is a closed meeting. Closed meeting are meetings only for alcoholics.

Identify any referral process for joining the group.

There is no formal referral process to joining an AA meeting or NA meeting. A medical profession, a family member, or a friend can find resources online through Ads and websites and suggest a person who struggling with these conditions to attend. This does not mean that the individual is required to attend. Ultimately, the only way an individual will join a group is if they seek the group independently.

Describe the meeting's events rom direct observation. What happened at the meeting you attended?

Each meeting will have an agenda that they will follow. The meeting usually starts with a reading or a prayer. After the opening prayer, members of the group will introduce themselves. After introduction, members can get up and talk about their life experiences or there will be an assigned member who will discuss their story and their experiences with AA group. At the end of the meeting, each member will be handed a chip for sobriety. Before everyone leaves the meeting, there will be another reading or closing prayer. The AA meetings are more focused

on alcohol or anything related to alcohol addictions. There may be different rules that each member will have to follow during the meeting. These rules can include no use of profanity or only talking about alcohol. Meetings can also include a 12-step program and each meeting is based on the step you are working on.

Identify task, maintenance, and/or self-serving roles evident at this meeting and give rationale/examples to support the identified roles.

At the meeting, the members and guest will be greeted by the greeters. The greeter’s job isn’t just standing at the door and smiling. The best part of the door greeters is that they are previous members of the program. They are there to show the members support by encouraging them and hugging them throughout their time in this recovery program. The speaker will lead the group. The speaker will keep the flow of the meeting moving forward. The members are encouraged to donate money to their group and this money is used to keep the group up and running.

How do members or those in attendance utilize the group topics or discussions within their everyday life?

Each group discussion will build from previous discussions and have new content. The content will help each member discover ways to learn different coping skills and communication skill and how to apply them to their daily life. These groups will also help keep each member accountable for their actions and their

sobriety. It is easier to cheat and be deceitful to yourself, but when you are apart of a group struggle with the same weakness can help keep you accountable in their daily life outside of the AA meetings.

What role does have an issue such as addiction, overeating, or grief play on individual's mental health?

Addictions, overeating, and grief can have a negative impact on a person's mental health. Each of these addictions/illnesses can cause a person to feel insecure and powerless and can increase their risk to relapse and withdraw themselves from their sobriety. If an individual is experiencing all three of these conditions at the same time, it can lead them to have suicidal ideations and/or suicidal attempt.

Describe the insight gained through this learning experience, and how this insight may be useful with future clients. Would you recommend this support group for individuals who are faced with similar struggles?

As a future nurse, it is important to know about community resources for alcoholics and other addictions. These videos were educational, and each were able to describe how a meeting will go. I, also, now know how these meetings can significantly help a person who struggles with an addiction to overcome what seems to be impossible with a group who share similar lifestyles. As a nurse, as a family member, and as a friend I would recommend this kind of support group to

individuals who are faced with similar struggles. This is a free program that has many inside resources to help a person who struggles with addiction to live a life addiction free. It a safe place for those who don’t have support or trusting relationships to form those kinds of relationships and work on themselves to be better. The people who are apart of these programs truly care and want to see those who struggle with addiction succeed. They will have the love and support at the time of their darkest moments and will continue to be celebrated through their success. For my future clients, this insight has given me a better understanding of the programs and what to expect. As a nurse, I will know where to look for resources to help better my client’s life.

References

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