

Group Dynamics Analysis

Maddi Mullvain

There are goals for both meetings, AA and NA. For AA, he mentions that the goal of the group meeting is for one to learn how to live a function and happy life without wanting, needing, or obsessing over drinking alcohol of any kind. Whereas NA goals, they want to feel comfortable. The people leading the NA group wants the people attending the meetings to know that they want them to succeed with this program. It is also mentioned that if one follows the NA program, then you will have the freedom from active addiction and that you will find a new way to live your life.

Membership eligibility for Alcoholics Anonymous is that the person needs to have a desire and want to stop drinking alcohol and stay sober. This can be for anyone who wants to stop drinking no matter how many drinks you have taken, but at the end of the day, one must stop drinking. In Narcotics Anonymous, they pay most attention to addiction, not just to a certain drug and alcohol is considered. Any addiction of any kind that someone has can join the meeting.

There does not seem to be a “referral” process for joining the group; at least they did not discuss this in the videos. In the AA video, they discussed how people could go and listen, observes, family members, and drug addicts. But in both the AA and NA video, it is discussed that how anyone with an addiction could attend, or even family members for support. In AA, if you do not have a desire or want to quit drinking, it is not recommended for one to attend. However, a referral could come from a hospital, therapists that the client may see. Most AA and NA meetings in our area have a general number to call, and someone will help direct them in the right direction with location and times of meetings. Someone who is seeking AA or NA meeting can also look online for meetings in their area.

In the AA video, Gerry described what a meeting might look like. He said it usually begins with readings or prayer. They then describe how it works and any rules, like no cussing. He said in the one he attended they utilized the book Alcoholics Anonymous or the Twelve Steps of Alcoholics Anonymous book. Then newcomers will introduce themselves. Groups can consist of all different kinds of things; one thing he talked about a lot was speaker meetings. Speaker meetings include stories of transformation that can give hope to the others for becoming sober. They are also allowed to raise their hand and share to get help if they want to drink, obsessing about it or are having a hard time. They also give out chips, and he said to him the white chip means surrender, or that a person wants to find out what life is like sober. In the Narcotics Anonymous meetings, Jexi said all meetings are different, but the standards are similar. From her experience, in the beginning, a basket is passed around, and if you have a dollar or two dollars, you can put it in if you want, which is too support the group for literature or coffee. You may also find different types of sharing in the meetings. Speaker meetings is something she talked about and they can be used in different ways. Sometimes one person will talk the whole time, other times someone

shares at the beginning and then a discussion follows. Other times they read literature and then everyone gets the opportunity to talk. Depending on the meeting, sharing can be done by raising a hand, whoever speaks first or they might go around the room.

Both AA and NA one could take on the speaker role during the meeting. There is also a speaker that is either talking about experience, reading provided literature or group discussion where everyone takes turns sharing their story. For AA, he talked about how they helped him. By listening to others tell their personal stories gave him so much hope that he could live a happy life and quit his addiction. Specifically, for Narcotics Anonymous, they have door greeters. These people are a part of the program who stand by the door and hug people. They do this to promote caring of everyone, and they want participants to know that they care about you and want you to succeed.

For Gerry one of the biggest things he discussed that helped him was learning how honesty and sharing feelings help to identify you have an issue, and for many people identifying there is a problem is one of the hardest parts. He discussed that he enjoyed speaker meetings which consisted of stories of transformation. You get to listen to someone else's story and how a person's life was to how it can end up. It can give hope to the others for trying to become sober, that it is possible.

During the AA video, it was made known that drinking was a big part in Gerry's life. He was able to turn his life around. Gerry shared that drinking alcohol was the most crucial thing in his life. His drinking caused him to tell his wife to leave him. Regarding Gerry's mental health, he seemed to be ashamed of his actions. He began to feel that there was a chance he would lose everything in his life, which can make him depressed or wanting to take his own life.

I do not feel that gained as much insight from the NA and AA videos as I would have if had gone to one in person. After watching the videos for AA and NA, I now have a better understanding of how these meetings go. I have only ever seen a version of these meetings from television or a movie and we all know we cannot always go off that. Knowing that there are roles that are filled by the people attending the meeting makes me think that this is a positive impact on the attendees. This gives them a sense of purpose. I wish I was able to have physically attended a meeting this semester. After watching the success of the AA and NA meetings, I would refer people to a 12-stope program. There are so many options out there to pick from that I would hope that someone could find the right fit for them.

Self- Help Group Dynamics Analysis Rubric

NAME: Maddi Mullvain DATE: 4-15-2020 Grade:

CRITERIA	POSSIBLE POINTS	EARNED POINTS	COMMENTS
1. Goals	2		
2. Membership eligibility.	4		
3. Referral sources	4		
4. Meeting description.	8		
5. Group roles identified. (e.g. task, maintenance, and/or self-serving roles). Clearly identify the roles within the group: (i.e.: leaders, followers, etc.) Are there any growth inhibiting roles versus growth producing roles?	8		
6. Discussion of utilization of meeting attendance in everyday life.	4		
7. Insight gained through this learning experience, and how this insight may be useful with future			

clients.	8		
8. Complete APA reference list. APA citations correct. Utilization of at least 1 APA source. Proper Spelling/Grammar.	8		
9. Submission of signed attendance verification. Form must be signed in pen. Submission of Grammarly report	4		
TOTAL SCORE	50		