

The learner will:

1. List the goals of the group meeting they are attending

The goals of all the meetings are initially the same. The biggest goal is learning how to live a normal life sober and still get the same thrill out of life. Another goal would be to be able to open up and talk to the other people that are in your situation. The more the person gets involved with the meetings the easier for that person to become sober.

2. Identify membership eligibility. (What does one have to do to become a “member”?)

It is fairly easy for people to become a part of the Alcoholics Anonymous community. People who want to become a member of the alcohol anonymous program have to have the want to quit drinking and they have to want to live a normal happy life without alcohol. There are two types of meetings open and closed meetings. Closed meetings require the person that is going to the meeting to have a desire to quit drinking. These meetings are meeting that family, close friends, and nursing students cannot attend. Open meetings welcome everyone such as family and friends, to attend these meeting with the person who is trying to quit drinking. These meetings also allow nursing student to go to so they can get education about the information that goes along with the AA meetings.

3. Identify any referral process for joining the group

As a nurse, if a patient tells you that they want help to become sober but they don't know how then referring them to Alcoholics Anonymous may be a great start. You could encourage the person can look up AA groups in their community and join the groups that are available. As a nurse, if someone asks you about the AA groups in the community you can look it up for the patient and give them brochures on the local groups. The brochures will have information about where they are located, what times to attend, and whether it is an open or closed meeting. The patient can decide for themselves whether they want to attend an open or closed meeting. The nurse may have to explain the difference between the open and closed groups because this may be the first time that they have even hear about the AA groups.

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

The meetings can vary from a speaker meaning to a discussion meeting. The speaker meeting is when one person gets up and tells their story from the beginning to the end. Their story could contain information that they are not proud of. It is important for others to not judge and be supportive because that person is telling you about the lows in their life that they more than likely are not proud of. The discussion meeting is when together as a group. A topic is picked and everyone talks about their life experience with that topic.

5. Identify task, maintenance, and/or self-serving roles evident at this meeting **and** give rationale/examples to support the identified roles. (This does **NOT** mean chores that one might do ~ e.g., making coffee. See lecture notes for details of the different types of group roles that members may take or exhibit during various points throughout the meeting. This section is worth the most points, assure that you review the content and discuss/answer accordingly.)

There are many roles when it comes to the AA meetings. The coordinator is the person who starts the meetings, usually by starting off with a prayer or a reading out of the AA book. The speaker meetings have one or two designated speakers for the meeting that run the meeting by telling their story. In these meetings, the coordinator will also be a part of the start of the meeting as they usually are. For the discussion meetings, everyone will be involved in the discussions about the topics that are picked.

6. How do members or those in attendance utilize the group topics or discussions within their everyday life? (For example: If you attend AA, how does the attendance to the meeting help keep the person from drinking and follow the 12 steps?)

By listening to other people and how they deal with the problems that most alcoholics deal with they would be able to incorporate the therapeutic techniques that they use. You also have other people to talk to and to see what works for them then you can try the same things. Even being a part of the AA atmosphere will help them get into a better mind set in situations that they turned to alcohol.

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

Addiction, overeating, and grief have a huge effect on someone's mental health. All those things destroy the happiness that you had with family and friends because people don't want to be around you when you always have to drink. Especially not if the person is mean drunk.

8. 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? Worth 20% of the grade, it is expected that critical reflection of the learning experience is evident within the description provided.