Alcoholics Anonymous or Narcotics Anonymous Meetings and Al-Anon Meetings

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Meeting Date

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[Include any grant/funding information and a complete correspondence address.]

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**Description**

Alcoholics Anonymous (AA) are therapeutic programs for the individual suffering from Alcohol Use Disorder (AUD) (Stone, Conteh, & Francis, 2017). They are designed to help alcoholics achieve sobriety. Al-Anon meetings are conducted for support and assistance of parents, spouses, siblings, friends, and other relatives of alcoholics, even if the alcoholics do not acknowledge the drinking problem and ask for help. The programs are based on the recommended Twelve Steps of Alcoholics Anonymous.

The AA and Al-anon groups are established on a spiritual and non-religious philosophical basis. I noted that members of both groups, gain understanding from being part of an interactive group as compared to the one-on-one support sessions — the essential group dynamics involved in both groups the strong sense of togetherness and harmony.

Both meetings followed almost similar formats. The meetings started with the opening statement and serenity prayers. Anyone who has a related announcement is encouraged to speak. We went around the room, and everyone introduced themselves as they pleased. I introduced myself as a SHU nursing student. Next, everyone shared their stories about what they used to be and how they are doing now. Throughout the meetings, no crosstalk or hurtful remarks were allowed. Everyone got a chance to share as much as they liked.

**Feelings**

I realized that the basic principles of nursing were diligently incorporated in the meetings. Every member of the group was treated with dignity and humanity. Moreover, group leaders were vigilant about the risks of abusive comments or violence from members.

           Before attending these meetings, I perceived these meetings as dull and tedious therapy sessions. However, I was personally impressed by the power of motivation and courage that helps people transform and adopt a better lifestyle. In both meetings, for everyone in the room, including me, it was a good experience. Everyone shared their burden and felt motivated by the end of the meeting. Attendance and active participation in such meetings is fundamental for recovery.

**Evaluation**

It gives a feeling to the members that they are not alone, and together they will overcome the hurdles. It gives people a platform to share their experience and hope to solve their common problems.

**Analysis**

If I had joined these meetings other than educational purposes, it would have helped me to regain power and control over my problems.

**Conclusions/Learning**

After critically analyzing the effects of the meeting, I concluded that these programs are based on cognitive behavioral therapy and are effective tools in facilitating recovery. The experience of other people who share their stories tells a person how they can resist alcohol and drugs, ways they can cope with obstacles in life with the use of alcohol. In addition to this, it encourages participants to develop an attitude to resist relapse and in the case of Al-anon meetings, how to help others recover.

**References**

Stone, D., Conteh, J., & Francis, J. (2017). Therapeutic Factors and Psychological Concepts in Alcoholics Anonymous. *Journal of Counselor Practice*, *8*, 120–135. https://doi.org/10.22229/nav074629