

Interdisciplinary CPD Conference Workshop

Overview

- Qualities underpinning reflective practice
- Rolfe's model
- Kolb's model/Morrison's adaptation of Kolb
- Reflection in Professional Practice

What prompts reflection?

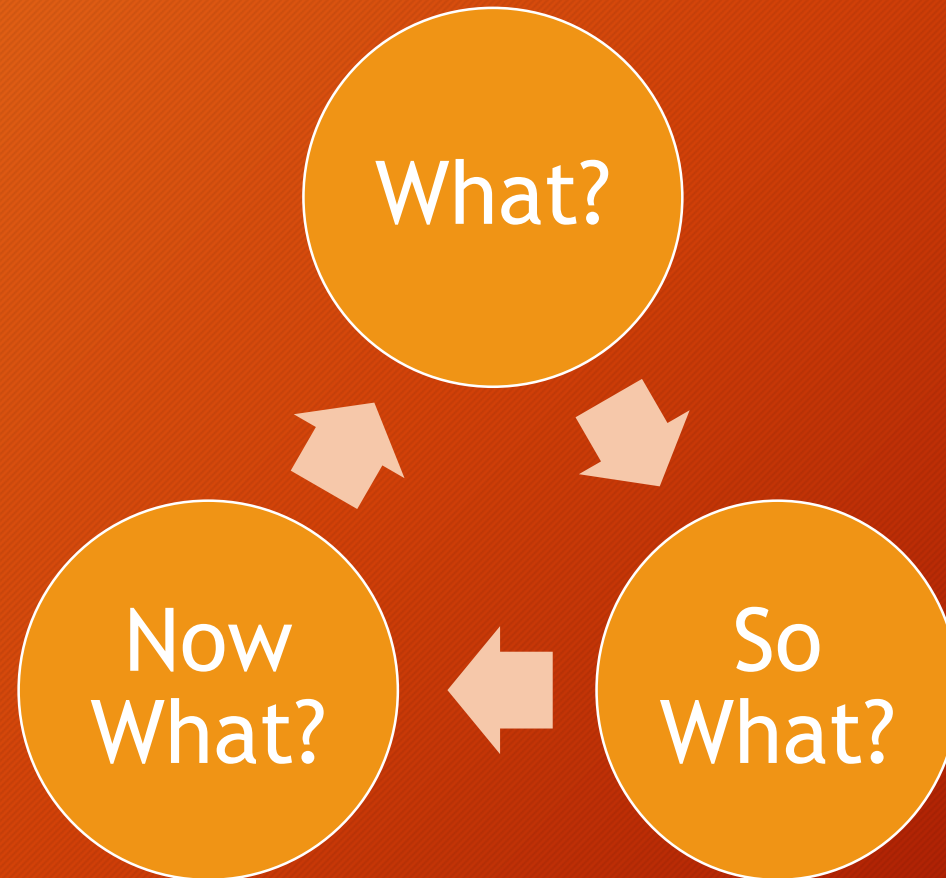
- When the routine produces the unexpected
- When we trust our instinct and judgment and this leads to a surprising outcome (positive or negative)
- Unwanted, repetitive patterns - feeling stuck, triggered
- Supervision
- Critical incidents/ complex cases
- Service inspections/audits

Qualities Underpinning Reflective Practice

- Open mindedness
- Whole heartedness
- Responsibility

(Dewey, 1933)

Rolfe et al (2001)



Adapted from Rolfe (2001) Critical Guide to Reflection in Nursing & the Helping Professions: a user's Guide

What?

- Is the problem/ difficulty/ reason for being stuck/?
- Is my role in the situation?
- Was I trying to achieve?
- Actions did I take?
- Feelings did it evoke?
- Was good/bad?
- Were the consequences?

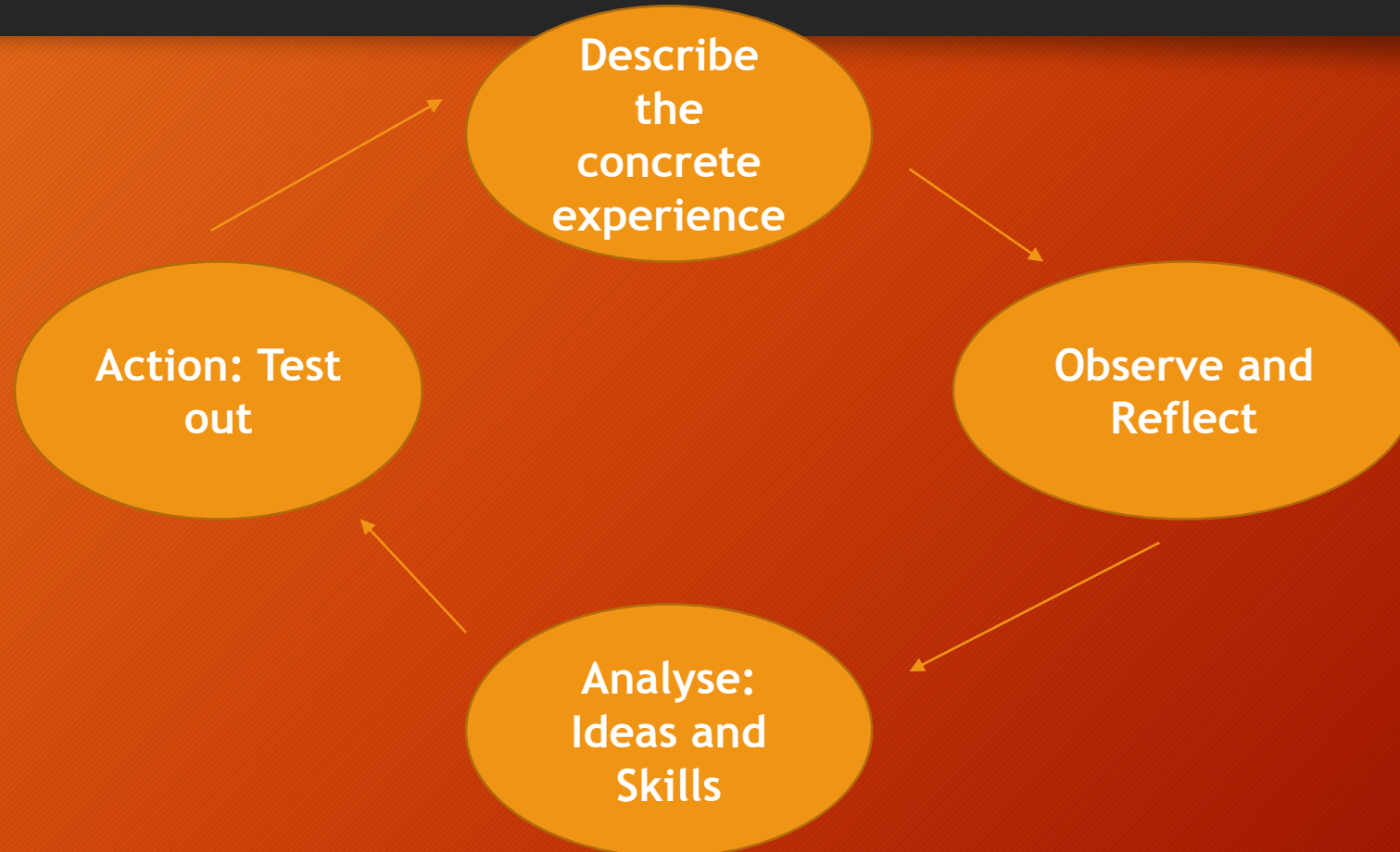
So What?

- Was going through my mind?
- Did I base my actions on?
- Does this tell me?/ About me?/our relationship?/my approach?...
- Other knowledge could I use?
- Is my new understanding of the situation?
- Can I do to improve the situation?
- Are the broader issues?

Now What?

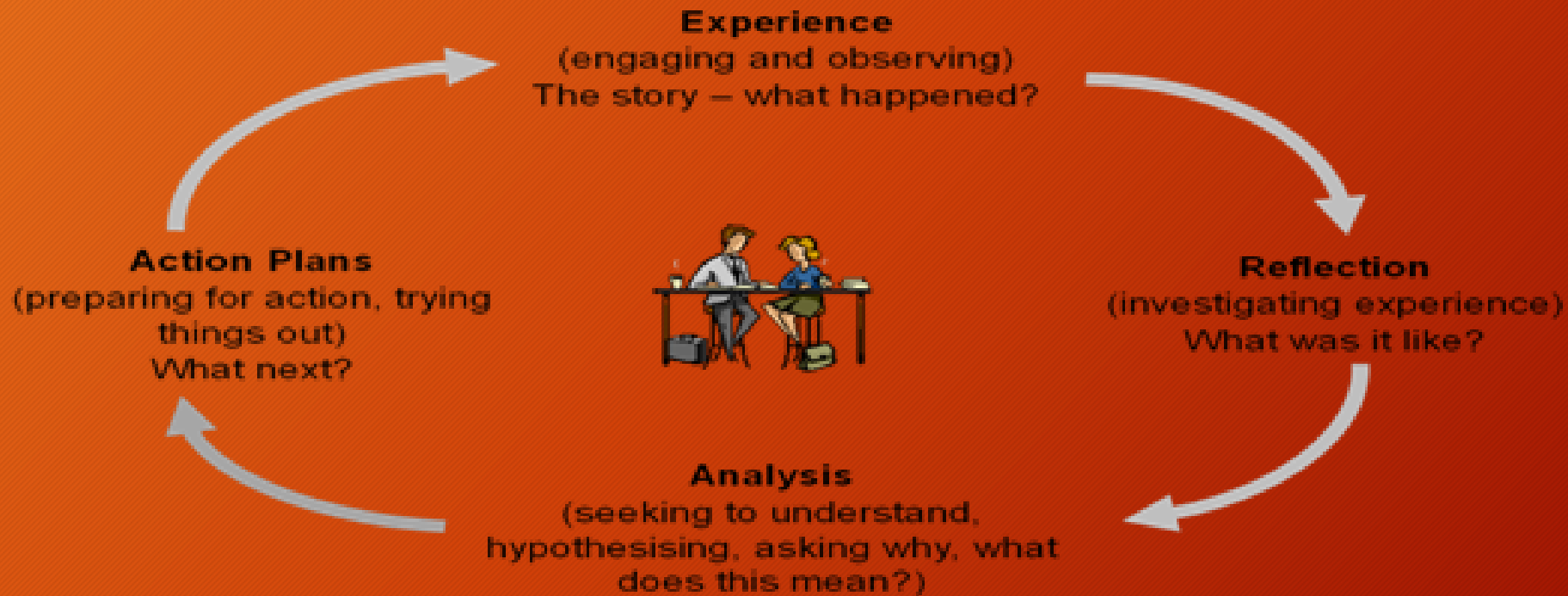
- Do I need to do to improve the situation?/ move it on from being stuck?...
- Broader issues need be considered if this action is to work?
- Might be the consequences of this action?

Kolb's Experiential Learning Cycle



Morrison's adaptation of Kolb

THE SUPERVISION CYCLE



Reflective Practice is not...



How will you support yourself to engage in reflective practice?