

Focus: Becoming a reflective practitioner

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Introduction

Reflection and reflective practice are two of the key buzzwords in professional and education practice at present. But what exactly do we mean by these terms and how can we develop our capacity for reflection? This article focuses on how to become more reflective in your professional practice whether as a clinician or educator. In it we define what we mean by reflection, identify the key stages in reflective practice and outline the main reflective practice skills.

Reflection on current practices

Before bringing about a change to current practices, the clinician needs to reflect on what is currently being practiced and what changes are required. A key factor in determining whether change is needed is the 'evidence base' relevant to the situation under consideration.

One of the most difficult tasks for educators is to help learners to relate theory to practice and reflection is one of the most important factors in achieving this synthesis. Unless this link is made then simply reading up on the evidence base is of little practical value. 'Evidence based practice needs to retain a practical focus and to build on reflective practice' (1).

This process is referred to as 'reflection on action' that is, it takes place after an event. Another aspect to reflective practice is 'reflection in action,' a more immediate reflection that takes place during the action. (2,3,4)

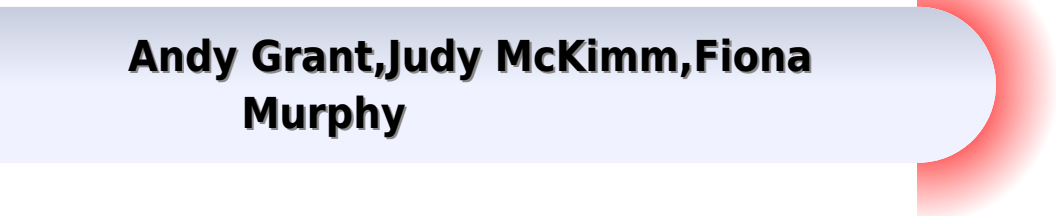
Reflective learning is 'the process of internally examining and exploring an issue of concern, triggered by an experience, which creates and clarifies meaning in terms of self, and which results in a changed conceptual perspective.' (2) In the discussion process of reflection, stages or levels of reflection have been identified. Mezirow identified seven steps of reflectivity in hierarchy, however Atkins in her analysis of the literature found that the differences between authors' accounts of the reflective processes are largely those of terminology, detail and the extent to which the processes are arranged in hierarchy. (2) She identified the following three key stages in the reflective processes:

Stages in reflective practice

1. **Awareness** - The first stage is triggered by an awareness of uncomfortable feelings and thoughts. This may arise because of some situation or event which does not unfold in the way we would expect. For example there may be an unexpected negative outcome of a usually reliable treatment option or perhaps a strong emotional reaction on the part of a learner. Of course it is also possible for surprising positive outcomes to leave us wondering what is the reason for the event. Either way there is some 'out of the ordinary' experience which causes us to begin reflecting.

Becoming Reflective Practitioner

**Andy Grant, Judy McKimm, Fiona
Murphy**



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Table of Contents Becoming Reflective Practitioner

1. Understanding the eBook Becoming Reflective Practitioner
 - The Rise of Digital Reading Becoming Reflective Practitioner
 - Advantages of eBooks Over Traditional Books
2. Identifying Becoming Reflective Practitioner
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Becoming Reflective Practitioner
 - User-Friendly Interface
4. Exploring eBook Recommendations from Becoming Reflective Practitioner
 - Personalized Recommendations
 - Becoming Reflective Practitioner User Reviews and Ratings
 - Becoming Reflective Practitioner and Bestseller Lists
5. Accessing Becoming Reflective Practitioner Free and Paid eBooks
 - Becoming Reflective Practitioner Public Domain eBooks
 - Becoming Reflective Practitioner eBook Subscription Services
 - Becoming Reflective Practitioner Budget-Friendly Options
6. Navigating Becoming Reflective Practitioner eBook Formats

- ePub, PDF, MOBI, and More
- Becoming Reflective Practitioner Compatibility with Devices
- Becoming Reflective Practitioner Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Becoming Reflective Practitioner
 - Highlighting and Note-Taking Becoming Reflective Practitioner
 - Interactive Elements Becoming Reflective Practitioner
- 8. Staying Engaged with Becoming Reflective Practitioner
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Becoming Reflective Practitioner
- 9. Balancing eBooks and Physical Books Becoming Reflective Practitioner
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Becoming Reflective Practitioner
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Becoming Reflective Practitioner
 - Setting Reading Goals Becoming Reflective Practitioner
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Becoming Reflective Practitioner
 - Fact-Checking eBook Content of Becoming Reflective Practitioner
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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