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**Agenda**

- What is Reflective Practice?
- What are the benefits?
- Reflective Debrief--demonstration.
- What are reflective practice groups (RPG's) and how do they function?
- How do I join or start an RPG?

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## Does Practice Make Perfect?

People believe practice makes perfect, but it doesn't. If you're making a tremendous amount of mistakes, all you're doing is deeply ingraining the same mistakes.

Jillian Michaels

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## Defining Reflective Practice

...reflective practice is understood as the process of learning through and from experience towards gaining new insights of self and/or practice.

*Linda Finlay*

(The process of reflection occurs when)...the practitioner allows himself to experience surprise, puzzlement or confusion in a situation which he finds uncertain or unique.

*Donald Schon*

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What is Not Reflective Practice	Mentally reviewing the events.
	Creating case notes-during or after sessions.
	Asking colleagues for advice, opinions or recommendations.
...but can be helpful	

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Reflective Practice a story	O		X
	X	X	O
	O		

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## Reasons for Reflective Practice

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- Success rates tell a small part of the story.
- Understand which techniques or strategies were helpful or off the mark—and importantly, why?
- Learning from experience strengthens skills and deepens knowledge.
- Self-discovery based on our own experience, values, and form of practice leads to genuine learning and mastery.

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## Two Questions

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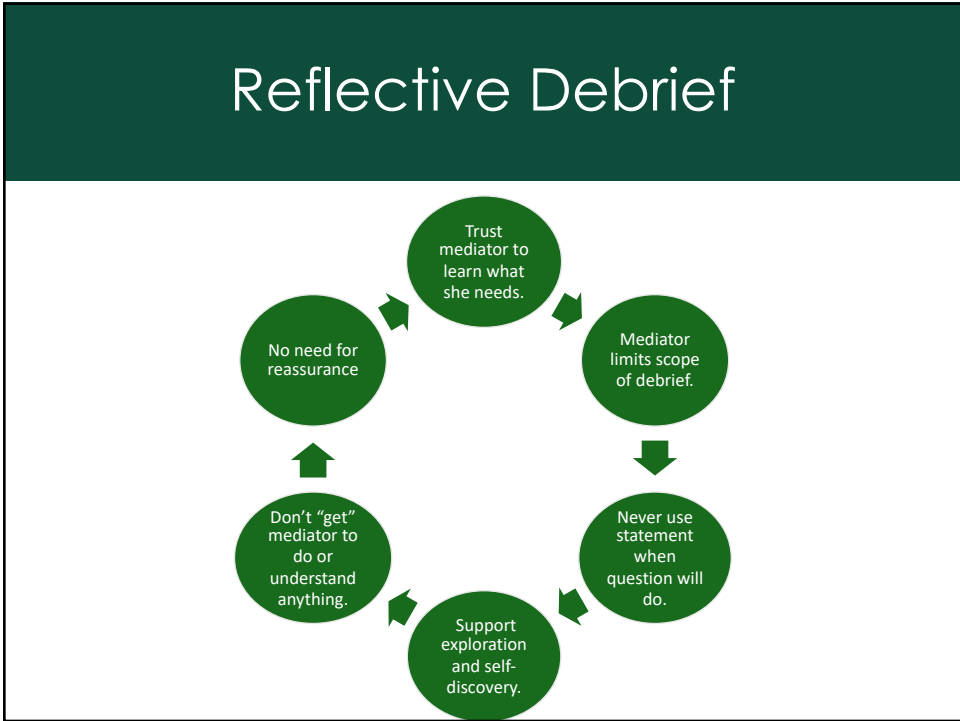
With respect to the process:

What did you notice?

What are you still curious about?



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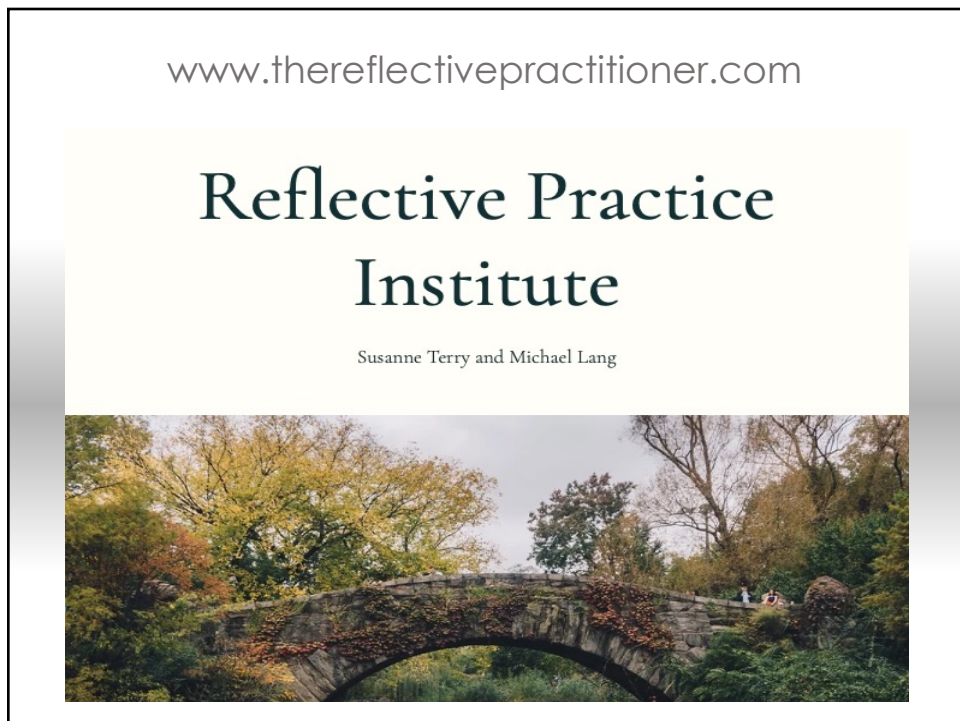
## Reflective Practice Groups

- Non-judgmental discussion of practice questions—no second-guessing.
- Makes use of participants' knowledge and experience.
- Emphasis on individualized learning.
- Self-exploration is encouraged leading to self-discovery.
- Lessons benefit other group members.

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FOR MORE INFORMATION ABOUT  
REFLECTIVE PRACTICE  
AND  
REFLECTIVE PRACTICE GROUPS

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