

EXPLORATION
Reflective Practice Sheet 2

Off-load: Reflect freely about thoughts, feelings and actions in relation to a contact.

Reflection: Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

Now: Make a note of where you and the parent are currently in the work.

Outcomes: Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Parents have carefully described their situation in sufficient depth and detail.
- Exploration topics were mutually agreed between parent and practitioner.
- Exploration used the ecological model, which was shared by the practitioner.
- Family strengths and resilience, as well as risk factors, have been explored together, led primarily by the parent.
- A clear picture of the families' situation has been acquired through facilitation by the practitioner, in which the effects of key resilience and risk factors are known.

Possibilities: Consider where you'd like to be in the work and what is possible.

Planning Action: Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!