

Reflective Practice

Thursday 14th January 2-3pm

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Care Practice Development Officer

Welcome & housekeeping

- Please focus and be present
- Please mute microphones
- What do we think about camera's on?
- Use chat box for questions and comments
- Participate as much as you can

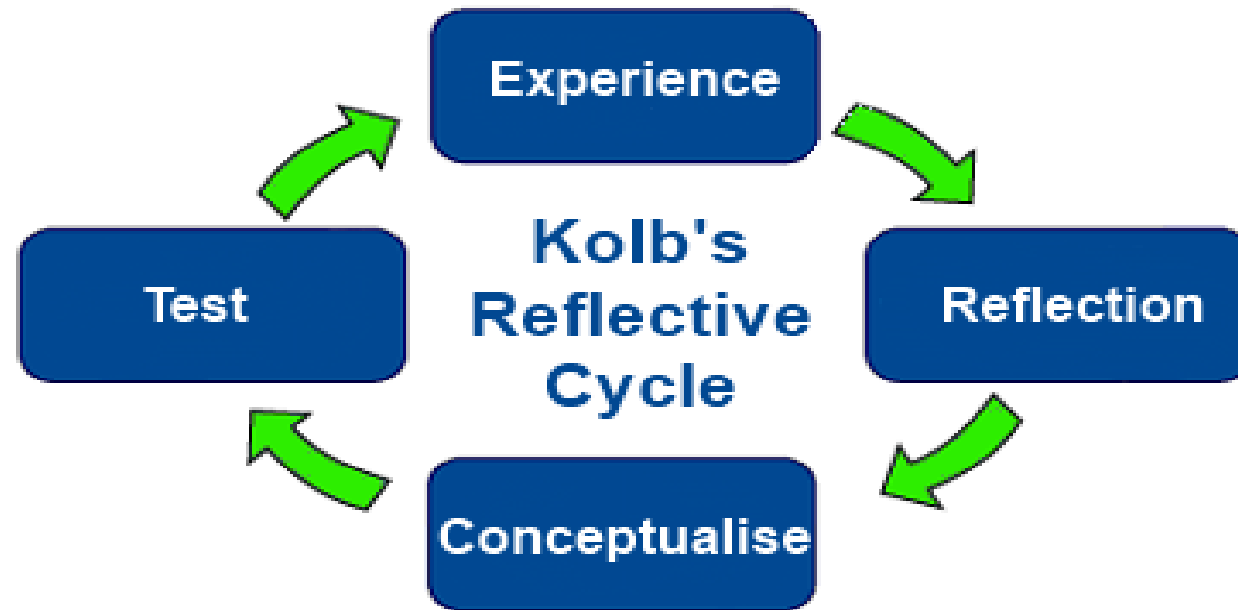


Purpose of session

- To provide you with the space to discuss some of the challenges practitioners are having as we adapt to the new working practices
- To share some of the skills and resources you have and to problem solve together as we adapt our working practice to respond to Covid 19 and Lockdown

Debrief Model

Debrief Model – can help demonstrate everyday learning and is useful for processing thoughts after experiencing something new



Exercise - questions for reflection

1. Describe an event
2. What happened leading up to the event?
3. How did you feel things went?
4. What could have been done differently?
5. What needs to change?



Group reflection & feedback

- How did this make you feel?
- What would you have done?
- What have you learnt?
- What are you taking away to help your practice?



References

The 3D Model of Debriefing: Defusing, Discovering, and Deepening. (Zigmont, Kappus & Sudikoff, 2011).

This **model** is based on three learning **models** including the experiential learner work of D.A. Kolb(1984). It takes into consideration the individual learner, their previous experience and the learning situation.

<http://526958071817520988.weebly.com/models-of-debriefing.html>

Kolb, D. A. (1984). Experiential Learning: Experience as the source of learning and development.

<http://experience.jumpfoundation.org/what-is-debriefing-and-why-should-we-debrief/>

Gibbs Model of reflection (1988) & Pearson & Smith experienced - based learning model (1985)

<https://www.stchristophers.org.uk/wp-content/uploads/2015/10/practice-development-Reflective-debriefing-tool-updated-Feb-14-pg-1-2.pdf>

Any questions?

