

## 1. What is Reflective Practice and Reflective Supervision?

Reflective practice is the ability to reflect on your own actions and engage in a process of continuous learning. It requires you to be self-critical and expects you to analyse what you think, feel, and do, and then learn from the analysis.

We can reflect in different ways; before we start to do something, we may reflect for action, while we are working, we may reflect in action, and after we may reflect on action.

Reflective supervision builds on your own reflections and is complimented by the supervisor's guidance to explore your thoughts, feelings and values and use this awareness to better serve the people you are working with.

## 2. Key Messages

- Reflecting and looking at our own understanding, thoughts, and emotions gives us a better understanding of what we're doing and helps us prevent over-dependence on the past. This can lead to more effective future plans and practice.
- This reflective process enables us to achieve a better understanding of ourselves, our knowledge & understanding, skills & competencies and practice in general.
- Being a reflective practitioner helps to deal with the uncertainty that pervades our work with people, shape our thinking & actions and learn from experience.
- Imbalances of power between workers and service users arising from social class, gender, race, sexualities, and ability need to be reflected upon, and unethical uses of power avoided.
- Reflective practice models provide a useful guide to start but reflection is a personal process, and everyone will work towards it in a different way.
- Practitioners' experience of being supervised is crucial to them being able to develop the capacity to reflect, self-analyse, and contain themselves when interacting with service users.
- Reflection & reflective supervision can provide focus for professional development plans



## 4. Resources

- LSCP Reflective Supervision Guide
- University of Cambridge Reflective Practice Toolkit
- Community Care Inform Critical Reflection Article

## 3. What Does This Mean for Me?

- How do you explore different ways to help you to be a reflective practitioner?
- How do you prepare for reflective supervision as a supervisee/supervisor?

Click on the text above to access each link