



the benefits of reflecting on my practice

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burnout

- exhaustion
- detachment
- ineffectiveness

Maslach & Leiter, 2017

reflection

...a mirror imaging, or producing a likeness upon which to contemplate

mirrors also deflect light, thus the mirror imagery may also be illuminatory & assist in viewing the images more clearly

Garratt, 1992





reflective learning

We do not learn from experience...
we learn from reflecting on experience
Dewey, 1933

...mulling over what has been experienced in order to understand more clearly the events which occurred

to identify what could have made the situation either better or worse
to critically assess the event by a process of breaking down or pulling apart

thereby to extract some kind of meaning from the event

Garratt, 1992





reflective practices

- Clinical supervision
 - Ad hoc chats with colleagues
 - Formal clinical meetings that include reflection
 - Participating in education that utilises reflective & experiential learning
 - Reflective self care practices
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