



ECHC6001

Personal Development and Professional Profile

**WEEK 3 REFLECTIVE PRACTICE VALUES AND
PRINCIPLES**

Aims for today

- ▶ Check In
- ▶ Theme: Reflective Practice: Values and Principles
- ▶ Writing Activity
- ▶ Assessment Questions
- ▶ Wednesday 11-12pm Asynchronous

Mark Brackett: ***Permission to feel***

<https://brenebrown.com/podcast/dr-marc-brackett-and-brene-onpermission-to-feel/>

What does it Mean to be Human?

► Jane Goodall Institute

<https://www.janegoodall.org/>



Activity 1: Who Am I

I am... I believe... I want... I know.... I think... I understand... I wish...

I hope... I wonder... I imagine... I'm surprised... I dream...

If I were not a counsellor, I want to be...

(Reread with care. Choose one to write more on)

Activity 2: My Work/Studies

- ▶ 20 things you like about your work/counselling or your studies
- ▶ 20 things you don't like about your work/counselling or your studies

Now write a reflective piece: *Wouldn't it be nice if....*

Values and Principles of Reflective Practice

Critical Reflective Practice Requires

- ▶ **“Trust** in the process of our practice and reflection upon it.
- ▶ **Self-respect** for our beliefs, actions, feelings, values, identity.
- ▶ **Responsibility** for all our actions, including those of reflective practice.
- ▶ **Generosity and genuineness.** Willingly give energy time and commitment to personal and professional development in a focused spirit of enquiry.
- ▶ **Positive regard and empathy.** Reflecting upon incidents involving clients is respectful, even if the experiences were negative.”

Bolton, G. and Delderfield, R, (2018) *Reflective Practice: Writing and Professional Development* 5th ed. London: Sage p.29)

Critical Reflective Practice can be seen as paradoxical.

Principles that underlie critical reflective practice enable practitioners and student to become meaningfully involved.

- ▶ **Certain Uncertainty**
- ▶ **Serious Playfulness**
- ▶ **Unquestioning Questioning**

Bolton, G. and Delderfield, R, (2018) *Reflective Practice: Writing and Professional Development* 5th ed. London: Sage p.30)

Assessments

Assessment Component 1: 50% (please refer to the Assessment Proforma)

- ▶ Produce a promotional video of the therapeutic approach that you will offer to your clients. - **November 30th 2020**

Assessment Component 2: 50%

- ▶ Practical: Presentation (20 minutes)
- ▶ You will present, to your peers, a critical reflection on your future professional development. **May 17th 2021**

what's next?

Wednesday 14th October 11-12pm Asynchronous

- ▶ Mark Brackett: ***Permission to feel***
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Monday, 19th October

- ▶ **Theme: The power of the narrative (the story)**