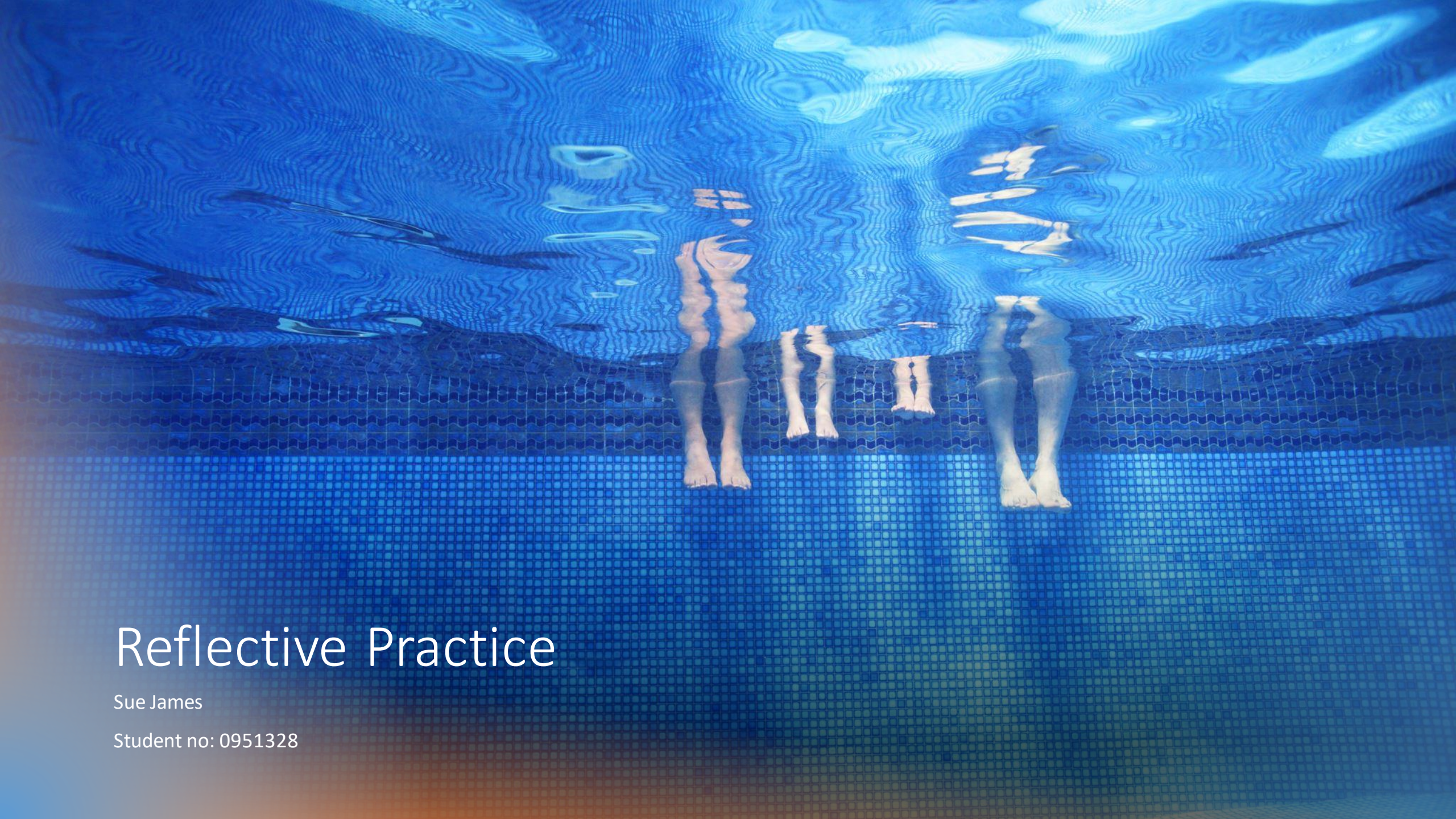




Reflective Practice

Sue James

Student no: 0951328

Objectives:

- Exploring reflection in counselling
- Engaging with self-reflection
- Emerging through the reflection

We see through a mirror darkly...
(Corinthians 13:12)

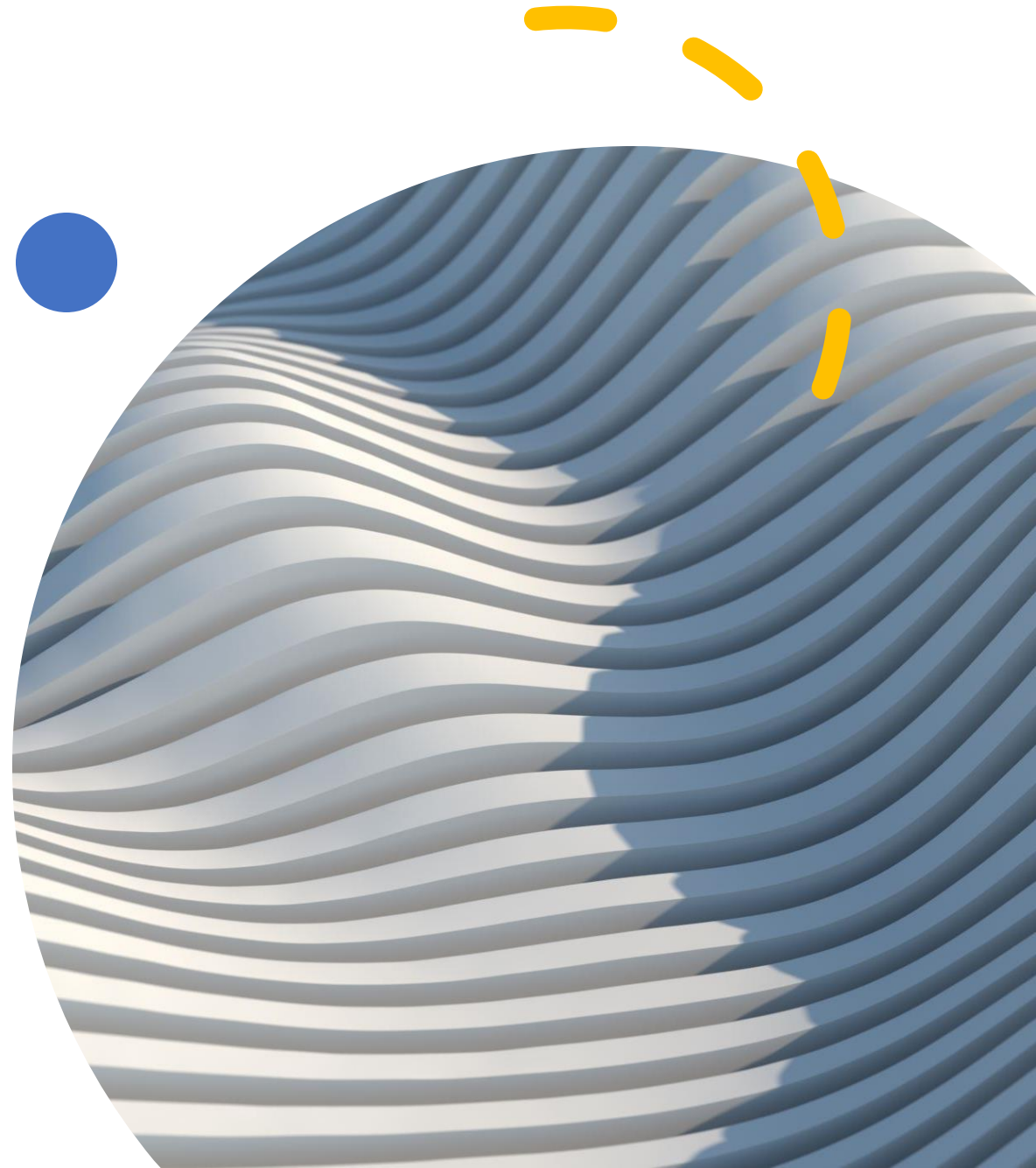
Reflection in Counselling

- Schon (1983)

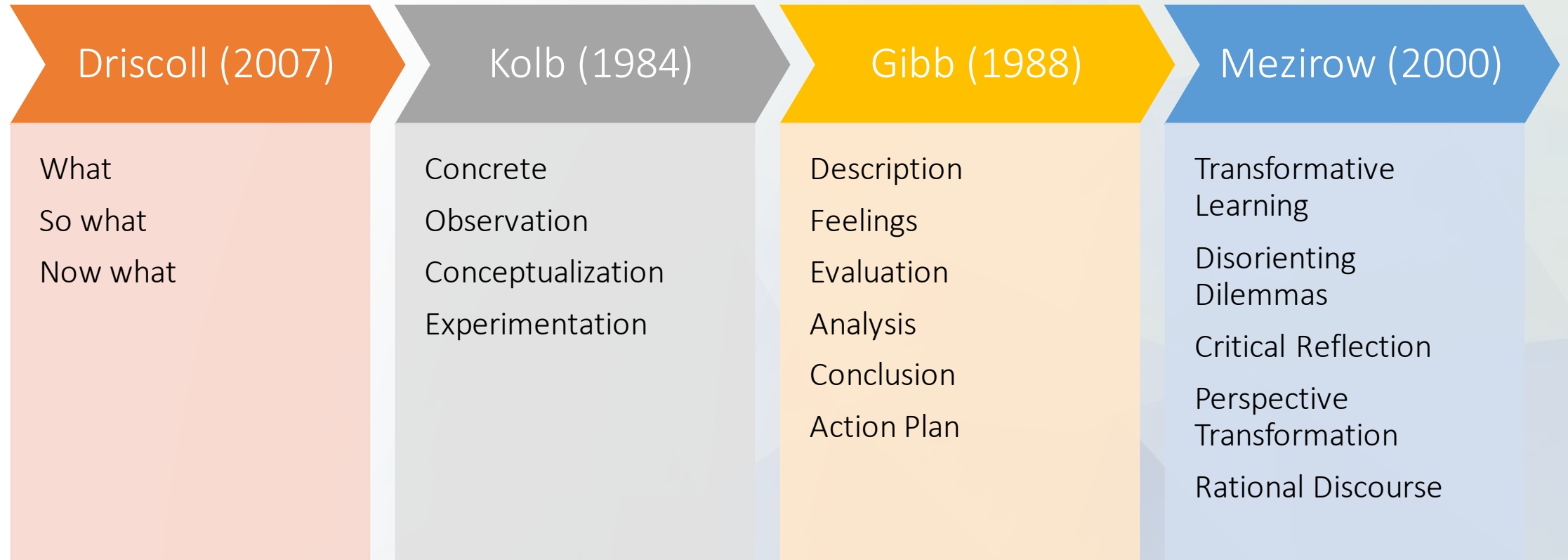
Around

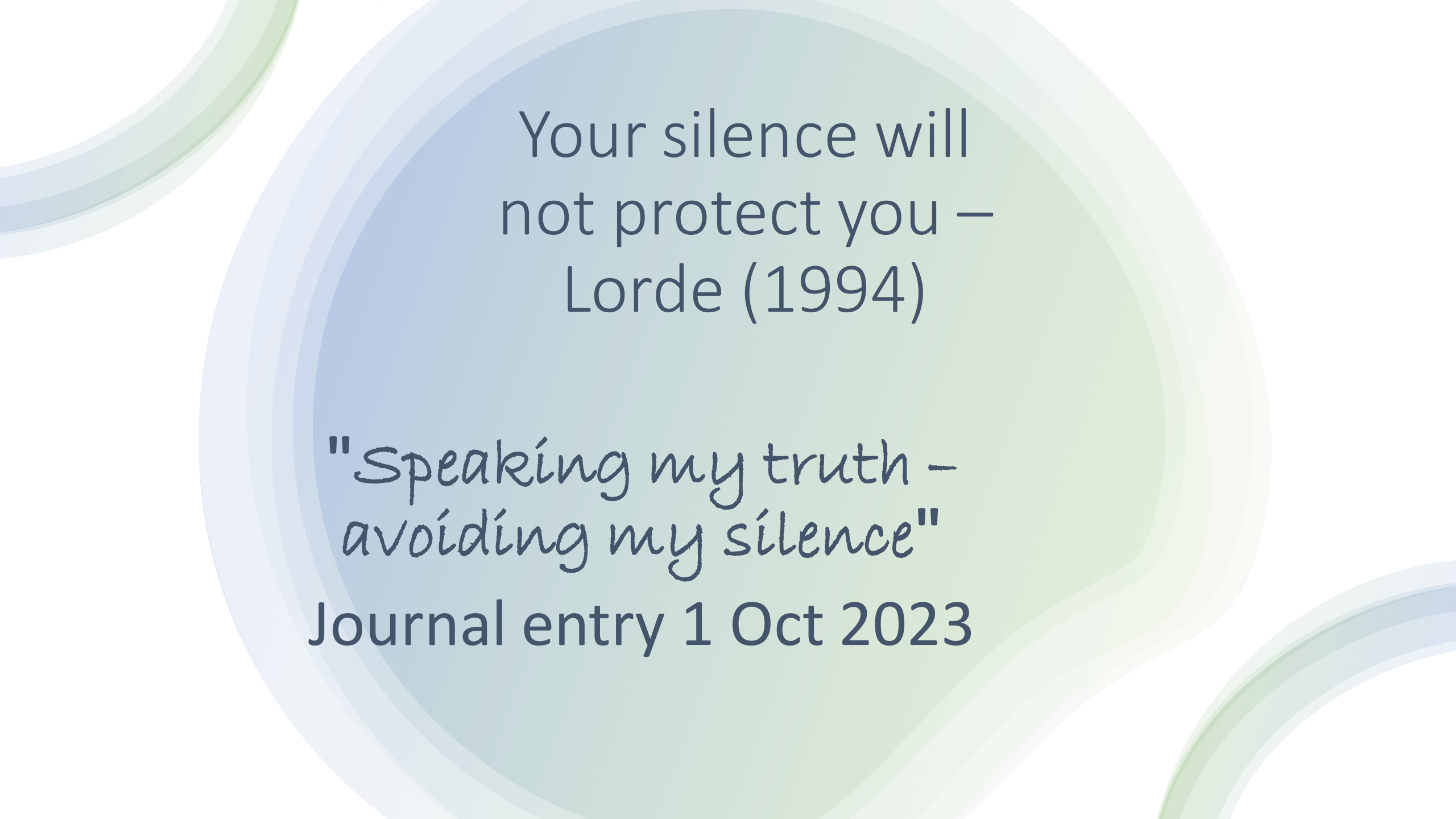
Behind

Through



Models for reflection





Your silence will
not protect you –
Lorde (1994)

"Speaking my truth –
avoiding my silence"

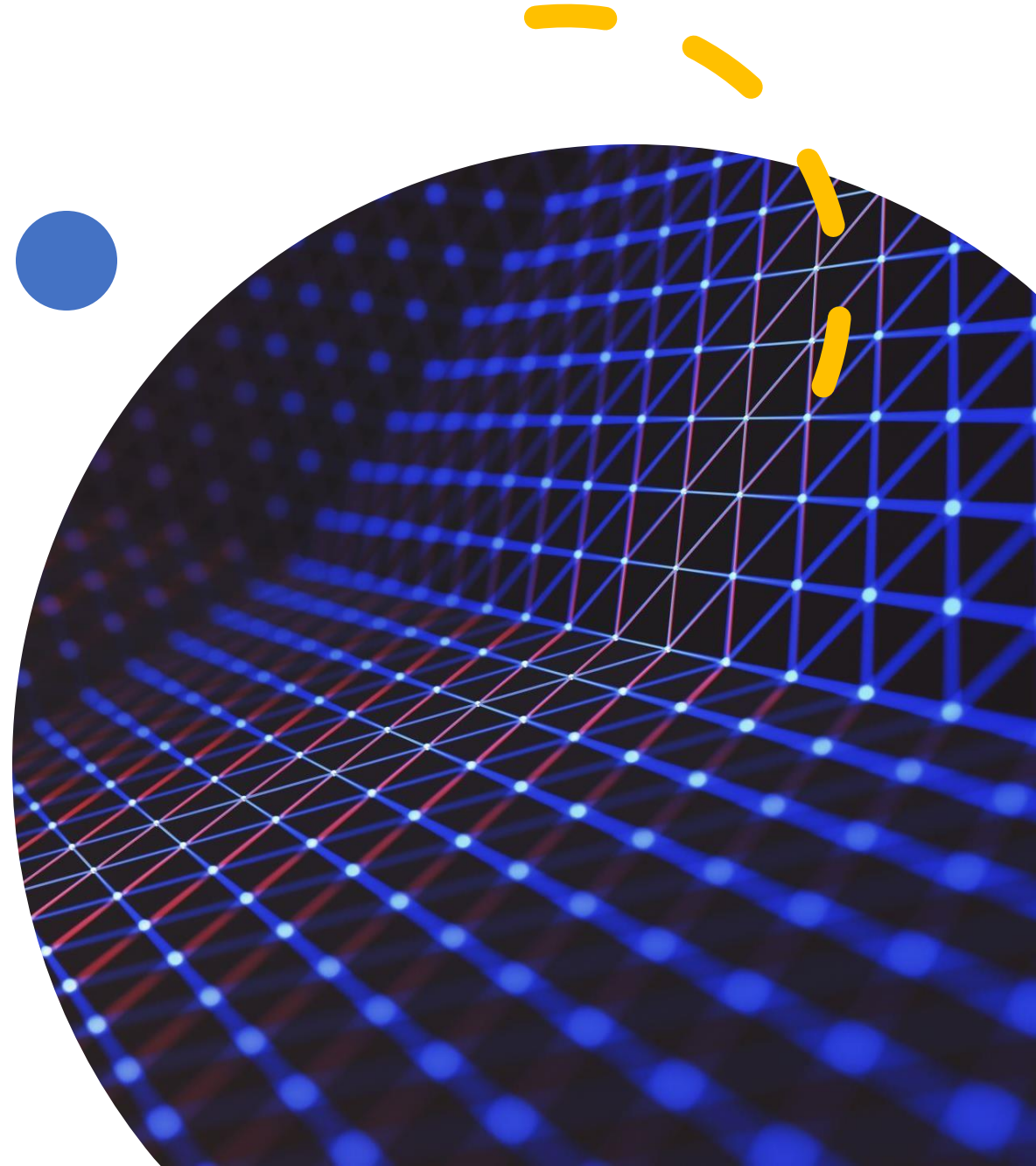
Journal entry 1 Oct 2023

Starting at the
beginning...ABC

Acknowledging

Accepting

Acting



A black and white photograph taken from a low angle looking up at several tall skyscrapers. The buildings are arranged in a circular pattern around the center of the frame, creating a sense of height and scale. The sky is filled with large, dramatic clouds. The text "Becoming ..." is centered in the middle of the image in a white, sans-serif font.

Becoming ...

Comfortable...with myself.



[wake up bootiful cat -
Search Images \(bing.com\)](#)-
accessed 3 November 2023

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