

Reflective Practice – Reflection on Action In a group or 1-2-1

Notes for all participants:

- Everything is confidential unless the group agrees to take the actions outside of the session to implement action or change
- Hold each other with utmost positive regard.
- There are no wrong answers.
- When speaking begin with “I notice or I noticed.... Eg. When you said a,b,c.....that you seemed ...
Or When you said a,b,c..... I felt/thought/imagined
- And enquire by asking “I wonder ... if/when/how/where/because

Phase	Presenter	Facilitator	Group Members
Story/ Lyrics 10 minutes	Tell the story of the patient <ul style="list-style-type: none"> • The presenting problem • The history • Circumstances • Family background • Social Background • Significant conversations • -what was said 	Remind the group of the ground rules Keep the time Notice: <ul style="list-style-type: none"> • How the presenter presents • Own reactions/feelings/thoughts • Clarify where necessary 	Listen to the words Notice: <ul style="list-style-type: none"> • Own reactions • Feelings • Imaginings • Thoughts • Questions • Even how the body reacts •
Reflections Melody/ Harmony 15 mins	What was the patient like to be with? What feelings were generated then/now? What were you being ‘pulled’	Prompt the presenter Reflect back your own reactions: Use: “I notice....” And	Reflect back your own reactions Use: “I notice....” And “I wonder...”

	to do/say?	"I wonder..."	
<p>Meaning/ Song</p> <p>15 mins</p>	<p>How do you want to respond to what has been said?</p> <p>Allow yourself to step back from your own feelings and reactions.</p> <p>Don't be afraid to get it wrong/right</p> <p>Try to make sense of the patient</p>	<p>Remind the group that what is experienced as feelings and reactions may be what the patient experiences.</p> <p>Ask what else might help to understand the patient?</p> <p>What theories might we draw on?</p> <p>Don't be afraid to get it wrong/right</p> <p>Try to make sense of the patient</p>	<p>Continue to notice and wonder.</p> <p>Bring other knowledge and experience other situations</p> <p>Look from a different perspective.</p> <p>Don't be afraid to get it wrong/right</p> <p>Try to make sense of the patient</p>
<p>The Dance Action</p> <p>10 mins</p>	<p>What needs to happen for the patient to be cared for holistically?</p> <p>Who?</p> <p>What?</p> <p>How?</p> <p>What new knowledge has been discovered or generated?</p> <p>About the patient?</p> <p>About ourselves?</p> <p>About practice?</p>		