

Reflective Practice Lunch and Learn

14/02/24

Resources

- [Reflective practice | \(hcpc-uk.org\)](https://www.hcpc-uk.org/)
- [Reflective practice - a quick revision on Vimeo](#)
- [Video summary - Reflective writing - Library at University of Hull](#)
- [Effective Practitioner \(scot.nhs.uk\)](https://www.scot.nhs.uk/)
- [Learning activities to support each pillar of practice | Turas | Learn \(nhs.scot\)](#)
- [Introduction - Reflective Practice Toolkit - LibGuides at University of Cambridge Subject Libraries](#)
- [Mental wellbeing support : Staff support services and helplines \(scot.nhs.uk\)](https://www.scot.nhs.uk/)

Templates

- [reflecting_with_others_case_review.pdf \(scot.nhs.uk\)](#)
- [reflective_account_form_-_gibbs.pdf \(scot.nhs.uk\)](#)
- [model_of_structured_reflection_-_driscoll.pdf \(scot.nhs.uk\)](#)
- [reflective-practice-template.pdf \(hcpc-uk.org\)](https://www.hcpc-uk.org/)
- [Turas AHP Professional Portfolio](#)- need to log in to use (online template available- see example images below)

Create

REFLECTIVE ACCOUNT

Reflective Account Model *

-- Please Select --

-- Please Select --

Gibbs Model

Driscoll's What Model

Values Based Reflective Practice (VBRP)

Blank Form

DRISCOLL'S WHAT MODEL

What?

i Further information....

This stage is about describing the event you have chosen to return to.

What happened? What did I see/do? What did others do? What was my reaction?

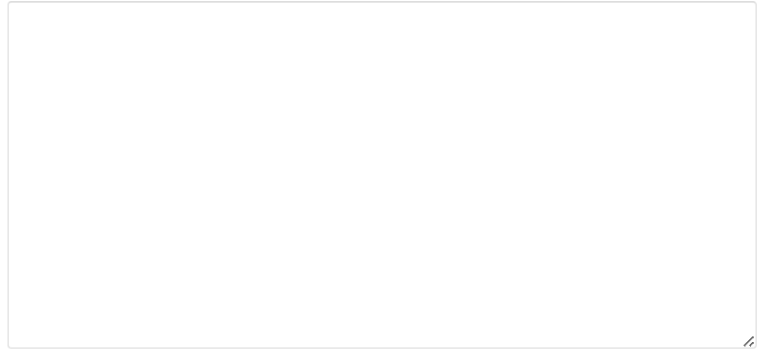
So what?

i Further information....

This stage is about analysing and making sense of your feelings and observations about the event

So what did I feel before / during / after the event? So what were the effects of what I did/did not do? So what have I noticed about my behaviour in practice?

Now what?



 Further information....

This stage is about learning from the event, and your proposed actions, changes to your practice

Now what could I do to modify my practice? Now what support do I need to help me “action” the results of my reflections? Now what are the implications for me and where can I get more information ?