

REFLECTIVE PRACTICE LOG

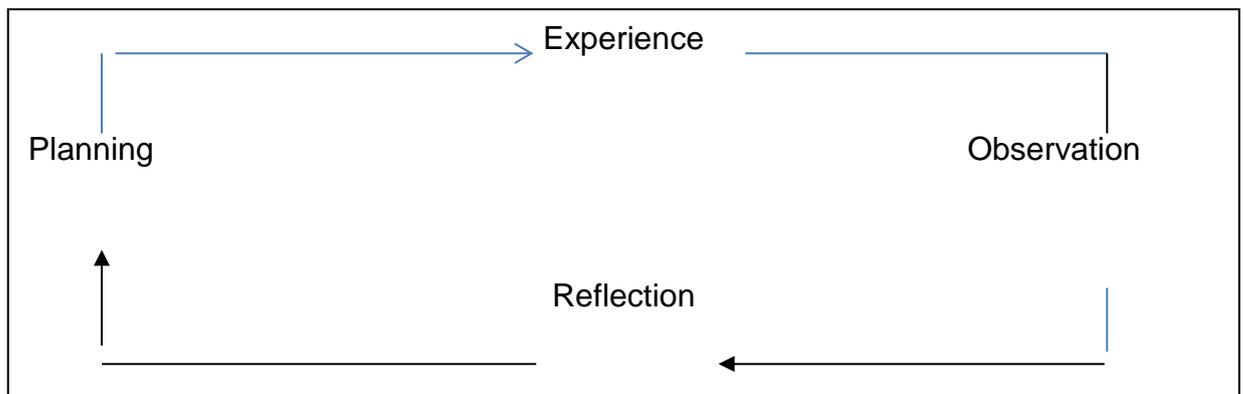
Guidance on writing Reflective Practice Log

You will be required to submit a reflective summary Log B with your three competency tapes. Each summary should be up to 1000 words. References are not required.

You may choose to reflect on one particular part of the session or reflect on the session as a whole. We would expect you to identify the area that you are going to reflect on and then provide a reflective analysis of this area followed by a plan. Your analysis should demonstrate your ability to reflect on your practice and in particular in relation to the formulation of this client's presentation. The analysis should provide a critical evaluation of the therapy skills that you demonstrate within the recording, drawing on relevant CBT/Parenting theory, research and literature and identify areas for improvement. The following model may be help with this. You should make reference to your self-rating forms within the summary.

The four stage experiential learning model (Kolb 1984 and Lewin 1946) in Bennett-Levy et al (2004 p. 19) is the most widely used model in adult education (see fig. 1).

Figure 1. Experiential learning cycle (Bennett-Levy et al. 2004)



Different terms have been used by different authors to reflect the same four stages. **Plan, Experience, Observe, and Reflect.**

Effective learning is said to proceed through a series of these cycles.

EXPERIENCE: The experience

OBSERVE: What happened

REFLECT: Making sense of what happened by

- Relating it to previous experience and knowledge
- Searching for understanding
- Generalising, abstracting principles
- Fit with the formulation

PLAN: With the new understanding, how can I take this forward?

Bennett-Levy, J., Turner, F., Beaty, T., Smith, M., Paterson, B., & Farmer, S. (2001). The value of self-practice of cognitive therapy techniques and self-reflection in the training of cognitive therapists. *Behavioural and Cognitive Psychotherapy*, 29, pp. 203-220.