

Reflective LOG B Guidelines

During your training you will complete:

- Three Reflective Log Bs on your CBT specific competencies. These are handed in with your three competency tapes. These will be marked as pass / fail (satisfactory / Unsatisfactory)

The purpose of the reflective Logs and summary is to demonstrate your ability to:

- Reflect on your experience of practice
- Critically analyse and make sense of that experience (informed by theory and literature where appropriate)
- Extract useful learning and plan for change to help with competency development

You will be assessed on the following dimensions:

Introduction of topic of reflection
<ul style="list-style-type: none"> • Clear identification of one or two issues relevant to the session • Description of reflective process (e.g. may have involved the use of a model such as Kolb's learning cycle, discussion with supervisor, use of thought records, reflective team etc.)
Experience and observation
<ul style="list-style-type: none"> • Description of the relevant concrete experience within the session / your practice e.g. client / family and therapist behaviour, verbal communications and events. • Observations of therapist reactions, automatic thoughts, emotions and impulses (where relevant).
Critical analysis
<ul style="list-style-type: none"> • Analysis of experience and observations within the session and beyond taking an objective and critical stance and presentation of alternative interpretations. • Analysis should be informed by client / family (and/or where applicable therapist) formulation.
Understanding and use of theory
<ul style="list-style-type: none"> • Integration of critical analysis with existing knowledge of CBT • Integration of critical analysis with relevant CBT literature and research where appropriate
Summary and implications for future practice
<ul style="list-style-type: none"> • Summary of learning • Description of plans for active experimentation, further learning and clinical practice (including awareness of own assumptions etc.) •
Structure & style:
<ul style="list-style-type: none"> • Clear structure with a logical flow • May use existing models of reflection such as Kolb's learning cycle to structure
Spelling / Grammar / Typos
<ul style="list-style-type: none"> • You will be marked down for errors. • References - Where reference to theory is made, references should conform to APA guidelines.