**Core Reflective Summary**

**During your training you will complete:**

* One ‘Core’ Reflective Summary – this is summative – this will be marked with a %

**The purpose of the summary is to demonstrate your ability to:**

* Reflect on your experience of practice of embedding the CYP IAPT principles
* 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:**

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| **Introduction of topic of reflection** |
| * Clear identification of one or two of the CYP IAPT principles relevant to your practice generally * 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** |
| * Description of the relevant concrete experience within the 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** |
| * Analysis of experience and observations in relation to your practice 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** |
| * Integration of critical analysis with existing knowledge of CBT/ SFP / PT * Integration of critical analysis with relevant CBT / SFP / PT literature and research where appropriate |
| **Summary and implications for future practice** |
| * Summary of learning * Description of plans for active experimentation, further learning and clinical practice |
| **Structure & style:** |
| * Clear structure with a logical flow * May use existing models of reflection such as Kolb’s learning cycle to structure |
| **Spelling / Grammar / Typos** |
| * You will be marked down for errors. * References - Where reference to theory is made, references should conform to APA guidelines. |