

Professional Diploma in Therapeutic Life Story Work

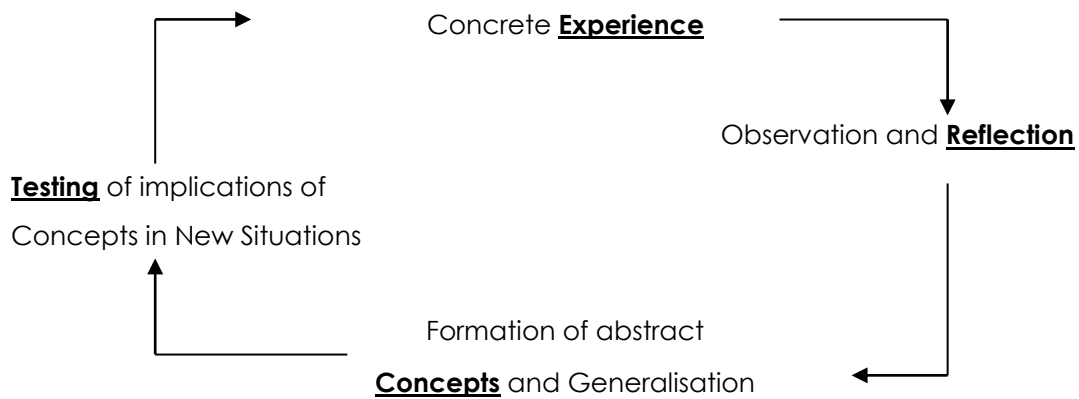
Reflective Practice

TLSW requires you to reflect on your practice and the practice of those you interact with. This reflection will allow you to consider your role and the associated practical, emotional and cognitive involvement within your work environment.

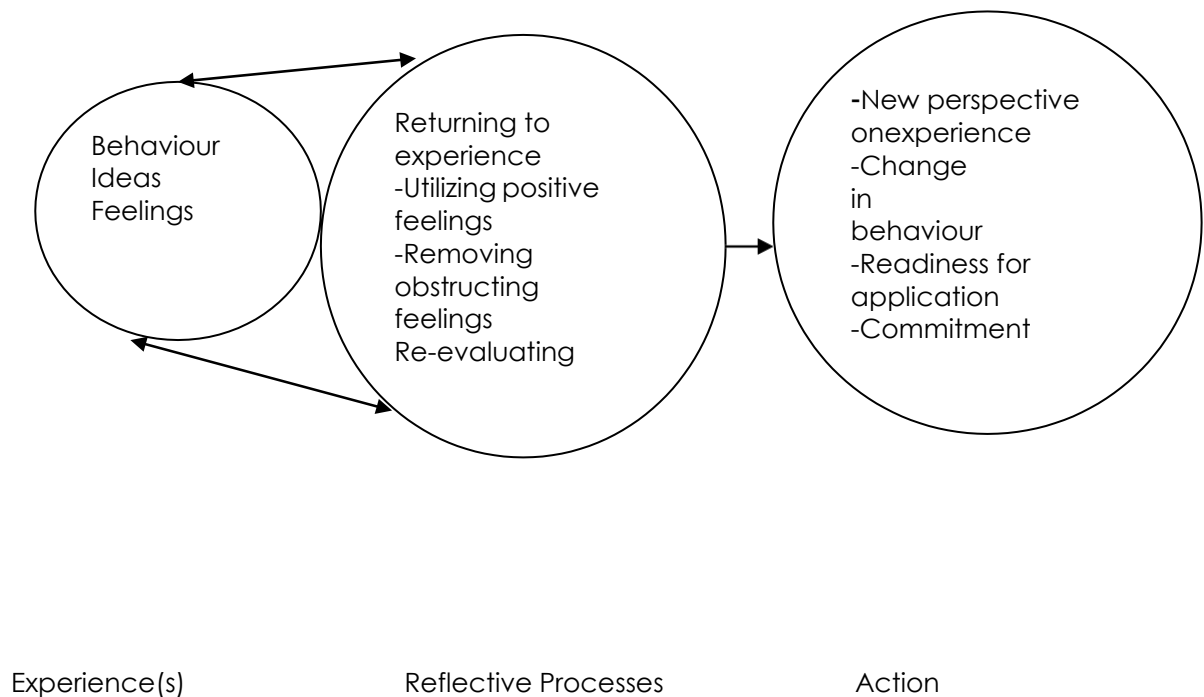
We spend all our lives thinking, this can be deliberate or through our subconscious, but in which ever process, this thinking informs our learning and our actions. We are unlikely to repeat an action that has caused us pain if we are able to reflect upon the issues which led up to the pain experience.

Reflection is a conscious process, a descriptive accounting that either informs us of what we do or enables us to change what we are doing. These processes are called 'reflection on action' and 'reflection in action'.

We suggest you create and maintain a reflective journal, this will be a 'reflection on action', as you will comment on experiences you have become involved in and observed in your daily work environment. As a professional working with children and young people you will also need to think on your feet – 'reflection in action'; you will consider 'like-for-like' situations that you have already worked through and use techniques that have worked or have been effective previously. As a TLSW professional you will be able to use the Training Programme to underpin and inform your practice, with your reflective journal you can demonstrate the essential link between theory and practice.



'It is only when we bring out ideas to our consciousness that we can evaluate them and begin to make choices about what we will and will not do'



D Bound, R Keogh D Walker (1985)

The aim of the reflective practice is to change the outcome of the experience, by returning to experience using positive feelings, removing obstructing feelings, then re-evaluating.