



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

# Reflective Practice Hour

Katie Carter

# Acknowledgement of Traditional Custodians

I would like to Acknowledge that the University of Western Australia campus and our classes are conducted on Noongar land, and that Noongar people remain the spiritual and cultural custodians of their land, and continue to practise their values, languages, beliefs and knowledge. I would like to pay respects to elders past present and emerging.





# Why Reflective Practice?

- Reflection is a key aspect of working well with people;
- Reflection is intrinsically linked with learning and so it can enhance professional development;
- Reflection can improve our practice and lead to better outcomes;
- Reflection helps us explore basic assumptions underpinning our work.

Katie Carter

October 2023





# What is Reflective Practice?

- Creatively and consciously combines 'thinking, doing and being';
- The choice to reflect on one's actions so as to engage in a process of continuous learning;
- Guides our continuous and lifelong learning, helps us learn from things that don't go well and hone in on what is working well;
- Helps us build a strong understanding of ourselves – can be part of our own self-growth;
- Reflection is essential to all trauma informed approaches.

Katie Carter

October 2023



5

*Healing / recovery and integration of trauma can be considered a life journey.*

- **In a small group consider the above idea.**
- What does this mean for the YP you work with?
- How does this change the way you view your interactions?
- What does this mean for services and service provision?



# <sup>6</sup>Borton's Model of Reflection

## What?

- What happened?
- What did I do?
- What did others do?
- What was I trying to achieve?
- What was actually achieved?
- What was my reaction?

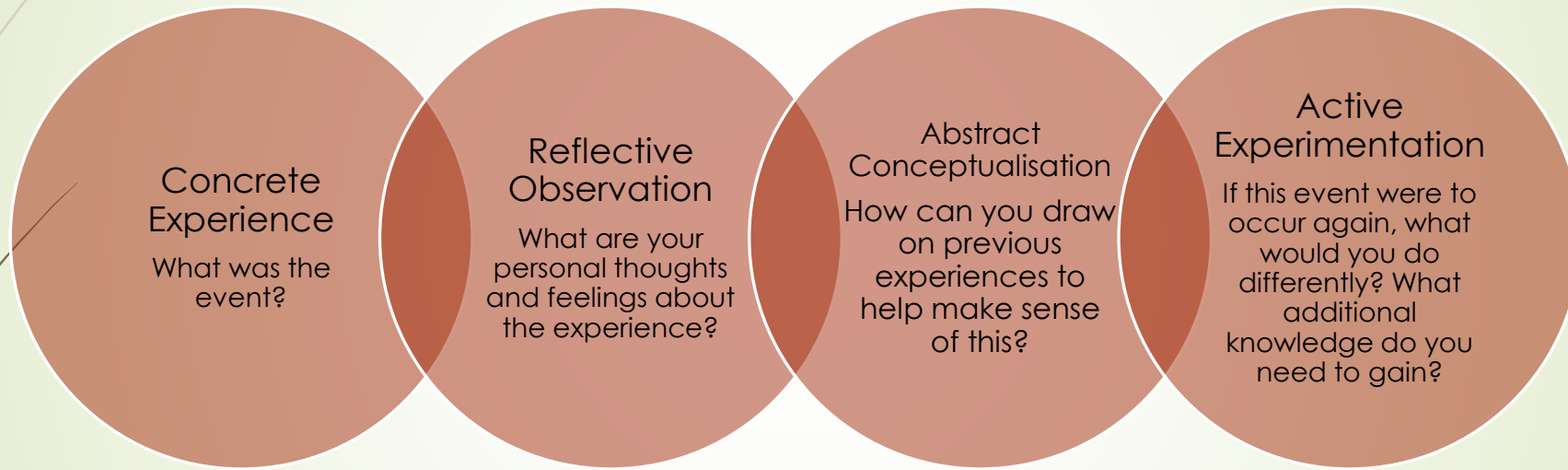
## So What ?

- Now what do I need to do?
- Now what options have I got?
- Now what help do I need to action my reflection and learning?

## Now What?

- What are my feelings right now?
- So what were the effects of my actions?
- So what is the importance of this?
- So what more do I know
- So what have I learned?

# Kolbs's Learning Style



# Preparing Well

Self care

Continuous learning

Reflective practice

## Resources

[Clinical practice in youth mental health What is trauma-informed care and how is it implemented in youth healthcare settings?](#)

[Implementing a Trauma-Informed Approach for Youth across Service Sectors](#)

October 2023

