



The Reflective Practice Guide: An interdisciplinary approach to critical reflection

Barbara Bassot

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The Reflective Practice Guide supports all students for whom the process of reflecting on developing knowledge and skills is crucial to successful professional practice. It offers an accessible introduction to a wide range of theories and models that can help you engage more effectively in critical reflection. Illustrated throughout with examples and case studies drawn from a range of interdisciplinary professional contexts, *The Reflective Practice Guide* offers models of practice that can be applied in a variety of settings. Reflective questions in each chapter help you apply ideas to your own professional context.

Drawing on literature from a range of disciplines, key aspects of reflection explored include:

- Becoming more self-aware
- The role of writing in reflection
- Learning from experience
- Learning from positives and negatives
- Emotions and processing feelings
- Bringing assumptions to the surface
- Learning from feedback
- Reflecting in groups
- Managing change.

The Reflective Practice Guide is an essential source of support, guidance and inspiration for all students on education, nursing, social work and counselling courses, who want to think about practice at a deeper level, question approaches, challenge assumptions and gain greater self-awareness.

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