



# **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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