

RENEW counseling: Skilled staff; Nutrition-focused

Try the activity on your own or with others from your agency.

RENEW Review Activity: Reflective Practice

Reflective practice is different than practicing reflections. It is part of mindfulness, the process of bringing one's attention to the present moment, which can help us reduce stress and get better at our jobs. Reflective practice is thinking about or reflecting on what you do. It is closely linked to the concept of learning from experience, in that you think about what you did, and what happened, and decide from that what you would do differently next time. Reflective learning is a way of allowing yourself to step back from your experience and using critical thinking skills to analyze your experience and improve your future performance. Reflective practice goes a step further by actively seeking input from others.

7 steps of reflective practice

1. Take the time to reflect regularly.
 - Thinking about your daily routine, when would work best to stop and reflect?
2. Actively seek ways to improve.
 - Where would you get new ideas? Internet? Colleague with expertise? Training?
3. Use critical thinking to question your personal theories and beliefs.
 - Which beliefs might be based on your values or opinions? Which might be different than other people you know? Why are they different?
4. Consider alternative perspectives and possibilities by talking with others and listening to their ideas.
 - Who do you always talk to? Who else could you talk to that might have a different perspective? How do you enter the conversation with a reflective focus so you are open to hearing what they say? How do you prevent this conversation from getting off track and becoming a venting session?
5. Try out new strategies and ideas.
 - How can you remind yourself to try something new? What do you need to do to feel safe trying something new?
6. Reflect on what you tried.
 - What went well? What would you do differently next time?
7. Talk with others about your experience and your reflections.
 - How would this work in your clinic?