Create a reflective space integrate into everyday practice

Applying reflective practice outside the supervision context: self-nurture

Working alliance
Prepare for supervisory relationship

Focus on a recount of event
Recall/describe
Respond to thoughts and feelings
Review events through existing lens
Deconstruct and in-depth analysis
Reconstruct and apply new learning based on new frameworks of thinking

Determine LEARNING GOALS for supervision

Analysis and meaning is given to new learning

Contract
Establish learning contract and use as basis for Review and Reflection

Integrate new learning with existing knowledge and skills

Review and Refinement