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## Reflective practice

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*This hOT Topic contains information relating to occupational therapy for reflective practice.*

*This hOT Topic is a starting point and overview of key readings including articles, books and*

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*selected websites for members of the Royal College of Occupational Therapists relating to reflective practice. This Bulletin is not exhaustive and does not provide information about all issues that affect occupational therapists002E*

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**Defining Reflective practice –**

**…a window through which the practitioner can view and focus self within the context of her/his own lived experience in ways that enable her/him to confront, understand and work towards resolving the contradictions within her/his practice between what is desirable and actual practice (Johns 2004, p.3).**

JOURNAL ARTICLES AVAILABLE FROM COT LIBRARY

Skarpaas L, Jamissen G (2016) Digital storytelling as poetic reflection in occupational therapy education: an empirical study. Open Journal of Occupational Therapy (OJOT), 4(3), 1-18.

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Bannigan K, Moores A (2009) A model of professional thinking: integrating reflective practice and evidence based practice. Canadian Journal of Occupational Therapy, 76(5), 342-350.

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Collins M (2007) Spirituality and the shadow: reflection and the therapeutic use of self. British Journal of Occupational Therapy, 70(2): 88-90.

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JOURNAL ARTICLES **NOT** AVAILABLE FROM COT LIBRARY

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Caty M, Kinsella E, Doyle P (2016) Reflective processes of practitioners in head and neck cancer rehabilitation: a grounded theory study. International Journal of Speech-Language Pathology, 18(6), 580-591.

Zubairi M, Lindsay S, Parker K, Kawamura A (2016) Building and participating in a simulation: exploring a continuing education intervention designed to foster reflective practice among experienced clinicians. The Journal of Continuing Education in the Health Professions, 36(2), 127-132.

Kinsella E, Phelan S, Park Lala A, Mom V (2015) An investigation of students' perceptions of ethical practice: engaging a reflective dialogue about ethics education in the health professions. Advances in Health Sciences Education: Theory and Practice, 20(3), 781-801.

McVey J, Jones T (2012) Assessing the value of facilitated reflective practice groups. Cancer Nursing Practice, 11(8), 32-37.

Dunn L, Musolino G (2011) Assessing reflective thinking and approaches to learning. Journal of Allied Health, 40(3), 128-136.

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Geller E, Wightman B, Rosenthal H (2010) Enhancing discipline-specific training across allied health professions through reflective supervision. Zero to Three, 31(2), 31-37.

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Lowe M (2007) The role of reflection in implementing learning from continuing education into practice. Journal of Continuing Education in the Health Professions, 27(3): 143-148

Morris J, Stew G (2007) Collaborative reflection: how far do 2:1 models of learning in the practice setting promote peer reflection? Reflective Practice, 8(3): 419-432.

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INTERNET RESOURCES

**The Higher Education Academy Health Sciences and Practice**

[**https://www.heacademy.ac.uk/knowledge-hub/reflective-practice**](https://www.heacademy.ac.uk/knowledge-hub/reflective-practice)

Reflective Practice Special Interest Group

[**https://www.heacademy.ac.uk**](https://www.heacademy.ac.uk)

**Helen’s blog – UK qualified occupational therapist – How to do reflections and why they are important**

[**https://theotprocess.wordpress.com/2014/02/11/how-to-do-reflections-and-why-they-are-important/**](https://theotprocess.wordpress.com/2014/02/11/how-to-do-reflections-and-why-they-are-important/)

[**https://theotprocess.wordpress.com**](https://theotprocess.wordpress.com)

**NHS Education for Scotland, AHP CPD resource**

**Information about reflection as well as well as reflective practice and the Knowlede and Skills Framework, as well as recording reflection and examples of models of reflection and reflective log sheets with examples**

[**http://www.knowledge.scot.nhs.uk/ahpcpd/reflection.aspx**](http://www.knowledge.scot.nhs.uk/ahpcpd/reflection.aspx)

[**http://www.knowledge.scot.nhs.uk**](http://www.knowledge.scot.nhs.uk)

BOOKS/REPORTS/THESES (in COT library unless stated)

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College of Occupational Therapists (2015) Supervision. Guidance for occupational therapists and their managers. London: College of Occupational Therapists.

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Creek J, Lawson-Porter A (2007) Contemporary issues in occupational therapy: reasoning and reflection [ebook]. Chichester: John Wiley & Sons Ltd.

BOOKS/REPORTS/THESES not in the COT library

Health Professions Council (2017) Continuing professional development and your registration. HPC: London.

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Johns C (2009) Becoming a reflective practitioner (3rd ed.). Chichester: Wiley-Blackwell.