

## **Guide for reflection to help make sense of and learn through experience during reflective practice sessions\***

1) Brief description of the incident / experience (Summarize what seems to be the key issues / questions that need addressing)

### **2) Reflection and Clarification**

a) How did you and other(s) feel about this experience when it was happening?

b) How did you know they were feeling this way?

c) What were the objectives of those involved—collectively or individually?

d) Why did you / they act in this way?

### **3) Alternative Strategies**

a) Could you have dealt with the situation differently?

b) What were the other choices?

c) Were these choices realistic?

d) From whom else could you have sought advice?

### **4) Learning**

a) How has this incident / experience changed your understanding or ways of working?

b) What, if any, action plans need to be put in place?

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\* Based on Johns Model of Reflection, from Johns CC. Professional supervision. *Journal of Nursing Management* 1993; 9-18