



## Reflective Practice

Reflective practice is used in professional practice to help individuals examine and look at thoughts, feelings and learning, gained from experiences of events such as training, carrying out care, observation of practice, significant events.

The benefits to professional and personal development are that it helps to:

- ✓ Examine personal learning and experience gained
- ✓ Look at own practice in context
- ✓ Take stock of what is valuable and can be implemented to improve practice

For example:

Description of event(s)	Date	Prompts
Bereavement and Loss training	September 2011	<p>What have I learnt?</p> <p>How will I use this experience in my work?</p> <p>Do I need to extend my knowledge and understanding?</p> <p>Do I feel different as a result of this experience?</p>

### Reflective account

I was asked to attend a Bereavement and Loss study day by my supervisor as part of my job because I work with the elderly. I was quite reluctant about this as am uncomfortable with the thought of talking about death and dying.

The course explored different aspects of bereavement and how people such as staff, relatives and the dying person themselves experience grief and loss.

I found the course really useful because it helped me understand my own reluctance to talk about death and dying but also felt reassured that other people feel the same way. The trainer was able to answer any questions we had and the DVD was very moving.

In my work I think I will be more open to conversations from residents and relatives and be able to offer them suggestions regarding helpful booklets. I also now understand that the people I look after can experience many types of bereavement e.g. loss of home, familiar objects, places, people and I can now look at ways of supporting them within this care setting by finding time to listen and be aware that the resident might just want to be there to listen.

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