



# Reflective Practice for Practitioners 2022

## About the Reflective Practice for Practitioners Programme

These open-access, on-line SHEP programme uses the 'Critical Reflection' model (Fook & Gardner, 2007) to create a place for practitioners to reflect on practice.. Participants will share in the creation of a space that facilitates a gentle and supportive exploration of the assumptions, values, beliefs and feelings that underpin participants' ways of being active in their respective work settings. This programme will be of interest to a wide range of practitioners, (volunteers or paid) involved in various roles in communities, service organisations or social service agencies (e.g. education, youth and community work, social work, childcare, health-care etc.).

## Aim

The aim of the programme is to co-create a space for twelve participants to reflect on their prior and current practice experiences using the 'Critical Reflection' model. The programme aims to enhance participants' capacity to engage in the critical reflective process and to enhance their capacity to co-create the conditions for learning from practice reflection. The focus of the programme will be on the reflective phase of the experiential learning/action planning cycle.

## Philosophy

This programme is underpinned by SHEP's philosophy that self-awareness and self-knowledge when combined with a commitment to community action is the basis for personal and social transformation. The programme reflects SHEP's philosophy that adults continue to learn throughout their life and that life and practice experience is an invaluable source for that learning. It is inspired by SHEP's commitment to equality, social justice, social transformation and the contribution that group spaces can create for learning.

## Learning Outcomes

Participants who complete this programme will be able to:

1. Better reflect on their practice at work
2. Participate in the co-creation of a group reflective practice space.

3. Experience how developing a personal and collective facilitative stance, supports the co-creation of the conditions for an effective reflective practice learning space.
4. Describe the 'Critical Reflection' model
5. Reflectively write about their practice and their reflective learning processes
6. Draw up a personal plan as to how they will support themselves in their practice

## The 'Critical Reflection' Model

The 'Critical Reflection' model (Fook & Gardner, 2007) is informed by four key perspectives:

1. There is a value in reflecting directly on experience (Reflective Practice)
2. There is a value in being open to exploring how we ourselves influence the experience (Reflexivity)
3. Allowing that there are many views on what is true, and that some of these views are powerful and tend to silence others. How the language we use is important and how we create difference (Post-modernism)
4. We can disempower ourselves – important to create an opportunity to free ourselves from dominant ways of thinking and to make a connection between the individual and the wider social world (Critical Social Theory)

Through facilitated reflection on a 'critical learning incident', assumptions underpinning practice can be surfaced and examined towards bringing about change. A critical learning incident is something which happened to you, which was significant to your practice in some way. It can be significant for many reasons – it might have represented a turning point, a breakthrough, or a point of decision-making – what is important is that an incident is chosen to reflect on, from which it is felt there is something still to be learnt. Most of the course time will be spent on giving time to participants to have an opportunity to process a critical learning incident of importance to them. Through applied reflection on practice areas in the group, using the Critical Reflection model, participants work through applied practice issues, learn from this exploration, and learn experientially about the Critical Reflection distinctive model and approach to structured reflection.

## Commitment, Schedule & Location

There will be two groups commencing in early 2022, each entailing 30 contact hours.

Evening	Where	Months	Sessions	Times
<b>Wednesday</b>	<b>In-person</b> (Ardfloyle, Ballintemple, Cork  EirCode T12 XDH2	May-Nov 2022 with break July/Aug	12x2.5hr sessions	7.30pm to 10pm
<b>Thursday</b>	<b>On-line</b>	Mar-Nov '22 with break July/Aug	10x3hr sessions	7pm to 10pm

Participants will need to schedule a further one hour per week for reflective writing and a small amount of guided reading. This programme is primarily experiential.

# Schedule of Dates 2022

## Wednesday Group, Cork Ardfoyle

Facilitators – Bernie Jeffery & Liam Mc Carthy

#			REFLECTIVE PRACTICE 12 x 2.5 hours = 30 hours	Venue EirCode T12 XDH2
	March 2022	Wednesday 23 <sup>rd</sup>	15min 1:1 meeting with Facilitators between 6pm and 10pm	Ardfoyle
1	May 2022	Wednesday 4 <sup>th</sup>	7.30pm to 10pm	Ardfoyle
2	May 2022	Wednesday 18 <sup>th</sup>	7.30pm to 10pm	Ardfoyle
3	June 2022	Wednesday 1 <sup>st</sup>	7.30pm to 10pm	Ardfoyle
4	June 2022	Wednesday 15 <sup>th</sup>	7.30pm to 10pm	Ardfoyle
5	June 2022	Wednesday 29 <sup>th</sup>	7.30pm to 10pm	Ardfoyle
	Summer break			
6	September 2022	Wednesday 7 <sup>th</sup>	7.30pm to 10pm	Ardfoyle
7	September 2022	Wednesday 21 <sup>st</sup>	7.30pm to 10pm	Ardfoyle
8	October 2022	Wednesday 5 <sup>th</sup>	7.30pm to 10pm	Ardfoyle
9	October 2022	Wednesday 19 <sup>th</sup>	7.30pm to 10pm	Ardfoyle
10	November 2022	Wednesday 2 <sup>nd</sup>	7.30pm to 10pm	Ardfoyle
11	November 2022	Wednesday 16 <sup>th</sup>	7.30pm to 10pm	Ardfoyle
12	November 2022	Wednesday 30 <sup>th</sup>	7.30pm to 10pm	Ardfoyle

Venue Address - The Social and Health Education Project CLG The Old National School, Ardfoyle Avenue, Ballintemple, Cork T12 XDH2

## Thursday Group, Cork On-Line

Facilitators – Deirdre O’Sullivan and Frances Day

#	Month	Date	REFLECTIVE PRACTICE 10 x 3 hours = 30 hours	On-line
	March 2022	Thursday 3 <sup>rd</sup>	15min 1:1 meeting with Facilitators between 6pm and 10pm	On-line
1	March 2022	Thursday 10 <sup>th</sup>	7.00pm to 10pm	On-line
2	March 2022	Thursday 31 <sup>st</sup>	7.00pm to 10pm	On-line
3	April 2022	Thursday 28 <sup>th</sup>	7.00pm to 10pm	On-line
4	May 2022	Thursday 19 <sup>th</sup>	7.00pm to 10pm	On-line
5	June 2022	Thursday 9 <sup>th</sup>	7.00pm to 10pm	On-line
6	June 2022	Thursday 30 <sup>th</sup>	7.00pm to 10pm	On-line
	Summer break			
7	September 2022	Thursday 8 <sup>th</sup>	7.00pm to 10pm	On-line
8	September 2022	Thursday 29 <sup>th</sup>	7.00pm to 10pm	On-line
9	October 2022	Thursday 20 <sup>th</sup>	7.00pm to 10pm	On-line
10	November 2022	Thursday 10 <sup>th</sup>	7.00pm to 10pm	On-line

## Certification

SHEP certificate in Reflective Practice for Practitioners will be awarded where an 80% attendance record is achieved. There will be no formal assessment in the course. Participants will be asked to prepare a written reflective learning piece towards the end of the course that draws on their learning and their reflective writing done through the span of the course (a personal learning statement) – participants will have the opportunity to explore these learnings together in the group. An input on reflective writing skills will be provided early in the course.

## Costs

This course is fully subsidised by SHEP, Bon Secours Community Initiative Fund and the HSE and there is no course fee for participants. **A personal contribution of €45 per person** is required for the course, payable on acceptance of an offer of a place - this also covers the course book which will be posted to participants.

## Entry requirements

Candidates must be adults (18 and over) who:

- Have a strong commitment to promoting social change, inclusion, equality and justice and are active in their community or organisation in either a voluntary or paid capacity.
- Be volunteering or working in Community and Voluntary organisation, social service agencies, public or local authority (e.g. education, youth and community work, social work, community development, childcare, health-care, housing, inter-agency work, counselling, advocacy ... etc).
- Have a willingness to be open in a group setting, sufficient for a process of reflection on the assumptions, values and feelings underpinning their volunteering or work

## Progression

SHEP has recently reconfigured its third practitioner training programme in Applied Facilitation in Community & Organisational Settings. The aim of that part-time programme is to contribute to **resourcing practitioners, local communities and organisations** to become more effective, resourced and grounded practitioners, active citizens and communities, through supportive training programmes - **leadership, facilitation, participatory methods, advocacy, reflective practice**. The Reflective Practice for Practitioners course is one of six modules currently comprising that programme. For more detail, please refer to the SHEP website [www.socialandhealth.com](http://www.socialandhealth.com).

## Follow-on Reflective Practice Course

SHEP has developed a follow-on reflective practice course that expands for practitioners, the range of practice reflection methods (Case Clinic, Theory U, Triads, Sculpting ...) they can draw on to support their practice. Former graduates of this Critical Reflection course have then undertaken that course – next available in 2023.

## Booking

Interested applicants should complete the Application Form attached or contact the SHEP Project Centre on 021 4666180 to enquire further. The course will run subject to sufficient applications to form a group of 12 participants. **Extended latest Application date is Monday 28<sup>th</sup> February 2022.**

Note that Individual applicant Interviews of 15min will be scheduled between 6pm and 10pm on:

- 3<sup>rd</sup> March for the Thursday group
- 23<sup>rd</sup> March for the Wednesday group.

Your particular time will be scheduled with you by the office staff. Applicants will be notified within one week of completion of the interviews if they are being offered a place.

## Further Information

Contact course co-ordinator Liam Mc Carthy on 021 4666180 or Deirdre O'Sullivan in Kerry on (087) 7728089. For further information please see the Training and Development section of the SHEP website <https://www.socialandhealth.com/training/reflective-practice/>

**Completed application forms preferably emailed to**  
**[info@socialandhealth.com](mailto:info@socialandhealth.com)**

Or if posting to

**SHEP Project Centre, Old National School, Ardfoy Avenue, Ballintemple,  
Cork. T12 XDH2**

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