



# Reflective Practice for Practitioners

## Autumn 2023 to Summer 2024

### 1 x In-Person (Cork)

Extended application closing date is Wednesday 11<sup>th</sup> October 2023

#### About the Reflective Practice for Practitioners Programme

This 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, early intervention and prevention 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 as is 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

The two groups will commencing as follows, each involving 30 hours..

Evening	Where	Months	Sessions	Times
<b>Wednesday</b> <b>(a few places remaining)</b>	<b>In-person</b> (Ardfoyle), Ballintemple, Cork  EirCode T12Y304	Oct '23 to April '24	12x2.5hr sessions meeting approx. fortnightly  (see schedule below)	7.30pm to 10pm
<b>Thursday (inquiries can be made but course is full at present)</b>	<b>On-line Zoom</b>	Sept '23 to Mar '24	10 x 3hr sessions meeting approx. fortnightly	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 2023-2024

## Wednesday Group, In-Person Cork Ardfoyle

Facilitators – Bernie Jeffery & Liam Mc Carthy		REFLECTIVE PRACTICE 12 x 2.5 hours = 30 hours	Venue EirCode T12 Y304
	October 2023	Wednesday 11 <sup>th</sup>	6pm to 10pm 1:1 20min intake meetings with Bernie & Liam
1	October 2023	Wednesday 25 <sup>th</sup>	7.30pm to 10pm
2	November 2023	Wednesday 8 <sup>th</sup>	7.30pm to 10pm
3	November 2023	Wednesday 22 <sup>nd</sup>	7.30pm to 10pm
4	December 2023	Wednesday 13 <sup>th</sup>	7.30pm to 10pm
	Christmas Break		
5	January 2024	Wednesday 10 <sup>th</sup>	7.30pm to 10pm
6	January 2024	Wednesday 24 <sup>th</sup>	7.30pm to 10pm
7	February 2024	Wednesday 7 <sup>th</sup>	7.30pm to 10pm
8	February 2024	Wednesday 21 <sup>st</sup>	7.30pm to 10pm
9	March 2024	Wednesday 6 <sup>th</sup>	7.30pm to 10pm
10	March 2024	Wednesday 20 <sup>th</sup>	7.30pm to 10pm
11	April 2024	Wednesday 10 <sup>th</sup>	7.30pm to 10pm
12	April 2024	tbc	7.30pm to 10pm

**Venue Address** - The Social and Health Education Project CLG The Old National School, Ardfoyle Avenue, Ballintemple, Cork T12 Y304

# Schedule of Dates 2023-2024

## Thursday Group, Online

Facilitators – Frances Day & Deirdre O’Sullivan		REFLECTIVE PRACTICE 10 x 3 hours = 30 hours	
	September 2023	Thursday 28 <sup>th</sup>	6pm to 10pm 1:1 20min intake meetings with Dee & Frances
1	October 2023	Thursday 12 <sup>th</sup>	7.00pm to 10pm
2	October 2023	Thursday 26 <sup>th</sup>	7.00pm to 10pm
3	November 2023	Thursday 9 <sup>th</sup>	7.00pm to 10pm
4	November 2023	Thursday 23 <sup>rd</sup>	7.00pm to 10pm
5	December 2023	Thursday 7 <sup>th</sup>	7.00pm to 10pm
	Christmas Break		
6	January 2024	Thursday 11 <sup>th</sup>	7.00pm to 10pm
7	January 2024	Thursday 25 <sup>th</sup>	7.00pm to 10pm
8	February 2024	Thursday 8 <sup>th</sup>	7.00pm to 10pm
9	February 2024	Thursday 22 <sup>nd</sup>	7.00pm to 10pm
10	March 2024	Thursday 7 <sup>th</sup>	7.00pm to 10pm

**Venue Address** – Zoom Online

## 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 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 a 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 paid 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 2024.

## 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 10-12 participants.

Note that Individual applicant Interviews of 15min will be scheduled. 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. 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 Y304**

**Extended application closing date is Wednesday 11<sup>th</sup> October 2023**



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



**SHEP**

Capacity for Personal  
& Social Transformation