



Reflective Practice for Practitioners Spring 2025

In-Person in Waterford

Closing Date for Applications - Tuesday 17th December 2024

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 lives 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 situation', assumptions underpinning practice can be surfaced and examined towards bringing about change. A critical learning situation 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 situation 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

This group is commencing in January 2025 and involves 30 hours:

Time of the day & Facilitators	Where	Months	Sessions	Times
Tuesday Mornings Joan Frawley and Tracey Tobin	In-Person, The Sacred Heart Family Resource Centre, Waterford. Eircode: X91 DNYO	January 2025 to June 2025	10 x 3hr sessions meeting approx. fortnightly (schedule below)	10am to 1pm

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 2025

Tuesday Morning Group, In-Person Waterford City

Facilitators – Joan Frawley and Tracey Tobin		REFLECTIVE PRACTICE 10 x 3hr = 30 hours	Venue EirCode X91 DNY0
	January 2025	Tuesday 21 st	10am to 2pm 1:1 15min intake meetings with Joan and Tracey
1	January 2025	Tuesday 28 th	10am to 1pm
2	February 2025	Tuesday 11 th	10am to 1pm
3	February 2025	Tuesday 25 th	10am to 1pm
4	March 2025	Tuesday 11 th	10am to 1pm
5	March 2025	Tuesday 25 th	10am to 1pm
6	April 2025	Tuesday 8 th	10am to 1pm
7	April 2025	Tuesday 15 th	10am to 1pm
8	May 2025	Tuesday 13 th	10am to 1pm
9	May 2025	Tuesday 27 th	10am to 1pm
10	June 2025	Tuesday 3 rd	10am to 1pm

Venue Address - The Sacred Heart Family Resource Centre, Richardson's Meadows, Kilcohan, Old Tramore Road, Waterford. X91 DNY0

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.

Course Fee

There is no course fee for this Waterford course, it being organised as a partnership between Waterford Healthy Ireland, Waterford Sacred Heart FRC and SHEP.

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.
- Are 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 and 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 five modules currently comprising that programme. For more detail, please refer to the SHEP website www.socialandhealth.com.

Booking

Interested applicants should complete the Application Form attached or contact the SHEP Project Centre on 021-4666180 to inquire further and look to speak with Liam McCarthy or Jess Bowen (089 6100906). The course will run subject to sufficient applications to form a group of 10-12 participants.

Data order and quality of the application are considered in offering places. Note that Individual applicant intake meetings of 15min will be scheduled and your particular time will be scheduled with you by the office staff. Applicants will be formally offered places within one week of completion of these meetings.

Further Information

Contact course co-ordinators Liam Mc Carthy or Jess Bowen (089 6100906) or 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

Or if posting to

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

Application Closing Date - Tuesday 17th December 2024

Early application is advantageous.

