



Reflective Practice for Practitioners

Autumn 2025 to Spring 2026

1 x In-Person (Cork)

2 x Online

Extended Application closing date – Friday 5th September 2025

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

There are three groups commencing in Autumn 2025 as follows, each involving 30 hours:

| Evenings & Facilitators | Where | Months | Sessions | Times |
|--|---|---------------------|--|------------------|
| Wednesday evenings Margaret Fenton and Liam Mc Carthy | In-person SHEP Project Centre, Ballintemple, Cork City Eircode: T12 XDH2 | Sept '25 to Mar '26 | 12x2.5hr sessions meeting approx. fortnightly (schedule below) | 7.30pm to 10pm |
| Thursday evenings Frances Day and Deirdre O'Sullivan | On-line Zoom | Sept '25 to Mar '26 | 10 x 3hr sessions meeting approx. fortnightly (schedule below) | 7pm to 10pm |
| Thursday evenings Mai Kerins and Joan Frawley | On-line Zoom | Oct '25 to Mar '26 | 12x2.5hr sessions meeting approx. fortnightly (schedule below) | 7.00pm to 9.30pm |

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 2025-2026

Wednesday Night Group, In-Person Cork City

| Facilitators – Margaret Fenton and Liam Mc Carthy | | REFLECTIVE PRACTICE 12 x 2.5 hours = 30 hours | Venue EirCode T12 XDH2 |
|---|----------------|--|--|
| | September 2025 | Wednesday 24 th | 6pm to 10pm 1:1 15min intake meetings with Margaret & Liam |
| 1 | October 2025 | Wednesday 8 th | 7.30pm to 10pm |
| 2 | October 2025 | Wednesday 22 nd | 7.30pm to 10pm |
| 3 | November 2025 | Wednesday 12 th | 7.30pm to 10pm |
| 4 | November 2025 | Wednesday 26 th | 7.30pm to 10pm |
| 5 | December 2025 | Wednesday 10 th | 7.30pm to 10pm |
| Christmas Break | | | |
| 6 | January 2026 | Wednesday 7 th | 7.30pm to 10pm |
| 7 | January 2026 | Wednesday 21 st | 7.30pm to 10pm |
| 8 | February 2026 | Wednesday 4 th | 7.30pm to 10pm |
| 9 | February 2026 | Wednesday 11 th | 7.30pm to 10pm |
| 10 | February 2026 | Wednesday 25 th | 7.30pm to 10pm |
| 11 | March 2026 | Wednesday 11 th | 7.30pm to 10pm |
| 12 | March 2026 | Wednesday 25 th | 7.30pm to 10pm |

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

Schedule of Dates 2025-2026

Thursday Night Group 2, Online

| Facilitators – Frances Day and Deirdre O’Sullivan | | REFLECTIVE PRACTICE 10 x 3 hours = 30 hours | |
|---|----------------|--|--|
| | September 2025 | Thursday 25 th | 6pm to 10pm 1:1 15min intake meetings with Deirdre & Frances |
| 1 | October 2025 | Thursday 9 th | 7.00pm to 10pm |
| 2 | October 2025 | Thursday 23 rd | 7.00pm to 10pm |
| 3 | November 2025 | Thursday 13 th | 7.00pm to 10pm |
| 4 | December 2025 | Thursday 11 th | 7.00pm to 10pm |
| Christmas Break | | | |
| 5 | January 2026 | Thursday 8 th | 7.00pm to 10pm |
| 6 | January 2026 | Thursday 22 nd | 7.00pm to 10pm |
| 7 | February 2026 | Thursday 5 th | 7.00pm to 10pm |
| 8 | February 2026 | Thursday 26 th | 7.00pm to 10pm |
| 9 | March 2026 | Thursday 12 th | 7.00pm to 10pm |
| 10 | March 2026 | Thursday 26 th | 7.00pm to 10pm |

Venue Address – Zoom Online

Schedule of Dates 2025-2026

Thursday Night Group 3, Online

| Facilitators – Mai Kerins and Joan Frawley | | | REFLECTIVE PRACTICE 12 x 2.5 hours = 30 hours | |
|--|---------------|---------------------------|---|-------------|
| | October 2025 | Thursday 2 nd | 6pm to 10pm 1:1 15min intake meetings with Mai & Joan | |
| 1 | October 2025 | Thursday 9 th | 7.00pm to 9.30pm | Online Zoom |
| 2 | October 2025 | Thursday 23 rd | 7.00pm to 9.30pm | Online Zoom |
| 3 | November 2025 | Thursday 6 th | 7.00pm to 9.30pm | Online Zoom |
| 4 | November 2025 | Thursday 20 th | 7.00pm to 9.30pm | Online Zoom |
| 5 | December 2025 | Thursday 4 th | 7.00pm to 9.30pm | Online Zoom |
| 6 | December 2025 | Thursday 11 th | 7.00pm to 9.30pm | Online Zoom |
| Christmas Break | | | | |
| 7 | January 2026 | Thursday 8 th | 7.00pm to 9.30pm | Online Zoom |
| 8 | January 2026 | Thursday 22 nd | 7.00pm to 9.30pm | Online Zoom |
| 9 | February 2026 | Thursday 5 th | 7.00pm to 9.30pm | Online Zoom |
| 10 | February 2026 | Thursday 26 th | 7.00pm to 9.30pm | Online Zoom |
| 11 | March 2026 | Thursday 12 th | 7.00pm to 9.30pm | Online Zoom |
| 12 | March 2026 | Thursday 26 th | 7.00pm to 9.30pm | Online Zoom |

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.

Course Fee

The fee is mostly subsidised through the support from SHEP and the HSE. There is a small €45 fee from participants to cover the cost of the course book and materials. This is payable when offered and on acceptance of a place.

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, 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 courses 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, Ardfoye Avenue, Ballintemple,
Cork. T12 XDH2**

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Early application is advantageous.

