



Limerick SHEP Programme:2019

Reflective Practice for Practitioners

About the Reflective Practice for Practitioners Programme

This open-access SHEP CPD 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 Community and Voluntary groups, Social Service agencies, ETB, Public or local authority - (e.g. education, youth and community work, social work, childcare, health-care, housing, inter-agency work etc.). The aim of this course is to

Aim

The aim of the programme is to co-create a space for approximately ten 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. Adopt a facilitative stance that, together with others in a group context, co-creates the conditions for an effective reflective practice 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's 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 connections between individual and the wider social (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 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. The majority of the course time will be spent on giving time to participants to process a critical incident of importance to them.

Commitment, Schedule & Location

This course entails 30 contact hours of participant effort through group time, with the group meeting once per month from February 2019 to December 2019 (10 sessions of 3 hours, approximately monthly, with a break in July & August). Participants will need to schedule a further one hour per week for reflective writing and a small amount of guided reading.

Approach

This programme is primarily experiential. There will be very limited formal teaching and a small amount of guided reading.

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 – 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, LCETB, 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 as the course deposit and covers a copy of the course book.

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 or Voluntary sector organisation, social service agencies, public or local authority (e.g. education, youth and community work, social work, childcare, health care, housing community representative, inter-agency roles 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 which is now called the SHEP Certificate in Applied Facilitation in Community & Organisational Settings. The aim of that part-time programme is to resource local communities and organisations by supporting programme participants to become more active citizens through leadership and facilitation. The Reflective Practice for Practitioners course is one of six modules comprising that programme. For more detail on eligibility and progression criteria for that programme, please refer to the accompanying one page document or to our website at www.socialandhealth.com.

Course Personnel & Venue & Dates

Limerick (Thursday) Open group – facilitated by Liam Mc Carthy & Marie O' Flynn - Thursday nights; Limerick Education Centre, Marshall House, Dooradoyle, Limerick, commencing 28th February 2019; 15min intake interviews will be scheduled for 4-7pm on 14th & 15th Feb 2019, and successful applicants will be notified within one week of completion of the interviews.

Booking

Interested applicants should submit a completed application form between:

Latest date for Applications Thursday 31st January 2019

Courses will run subject to sufficient numbers applying to form a group of 10-12 participants.

Further Information

For further information and an application form, please see the Training and Development section of the SHEP website www.socialandhealth.com. You can contact Liam McCarthy, Course co-ordinator on (021) 4666 180 Liam.McCarthy@socialandhealth.com. Enquires can also be made to Cora Foley, LCETB on 087 2141432 or Anita O'Shea, Limerick SHEP on 085 8626844, both based locally in Limerick.



Bord Oideachais & Oiliú
LÚIMNIGH & AN CHL
LIMERICK & CLARE
Education & Training Board



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



BON SECOURS HOSPITAL
College Road, Cork



SHEP
CAPACITY FOR CHANGE

Application Form – Limerick Reflective Practice for Practitioners Course

Application closing date – Thursday 31st January 2019.

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|---|
| Name |
| Address |
| Contact Details: Home Phone Number _____ Mobile _____ Email Address _____ |
| Please tick the group option for which you are applying <ul style="list-style-type: none">• Limerick (Thursday) Open group – facilitated by Liam Mc Carthy & Marie O' Flynn - Thursday nights; Limerick Education Centre, Marshall House, Dooradoyle, Limerick, commencing 28th February 2019. <input type="checkbox"/> <input type="checkbox"/> Please ✓ group you are applying for |
| How did you hear about this course? |
| Why do you want to participate on this course? |
| Have you already completed any other SHEP courses? (If so, please list according to date of completion). |

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| Summarise how you have contributed /are contributing to community life. |
| Describe your own personal values. |
| In what ways have you previously demonstrated a willingness to be open in group settings? |
| Where relevant to your application for this course, please outline any educational qualifications or relevant learning experiences? |
| Where relevant to your application for this course, please outline your current employment and/or voluntary status? |
| Please describe any additional supports you may need to complete this course. |

Do you have any medical condition that we should be aware of?

In case of emergency who should we contact?

Is there anything else you wish to add in support of this application?

This course is fully subsidised through the support of the LCETB, Bon Secours Community Initiative Fund, SHEP and the HSE and there is **No Course Fee** for participants.

A **personal contribution of €45 per person** is required as the course deposit and covers the price of the course book.

I enclose the €45 with my application form

Please (Tick)

Signed

For Office Use Only

Shortlisting Result:

Interviewed by:

Date of Interview

Interview result