



# Reflective Practice for Practitioners

## Wednesday Nights Autumn 2022

### 1 Course On-line (Zoom) & 1 Course In-Person (Cork)

Latest Applications date is Wednesday 7th September 2022

#### About the Reflective Practice for Practitioners Programme

These open-access, in-person 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 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

Two groups will be commencing this September 2022 and both entail 30 contact hours – one will be in-person in Cork City and one will be on-line.

Evening	Where	Months	Sessions	Times
Wednesday	In-person (Ardfloyle, Ballintemple, Cork  EirCode T12 XDH2	Sept '22 to April '23	12x2.5hr sessions	7.30pm to 10pm
Wednesday	On-line Zoom	Sept '22 to Mar '23	12x2.5hr sessions	7.0pm 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 2022-2023

## Wednesday Group, In-Person Cork Ardfoyle

Facilitators – Bernie Jeffery & Liam Mc Carthy		REFLECTIVE PRACTICE	Venue
		<b>12 x 2.5 hours = 30 hours</b>	EirCode T12 XDH2
September 2022	Wednesday 21 <sup>st</sup>	15min 1:1 meeting with Facilitators between 6-10pm	Ardfoyle, ASH Room
1	October 2022	Wednesday 5 <sup>th</sup>	Ardfoyle, ASH Room
2	October 2022	Wednesday 19 <sup>th</sup>	Ardfoyle, ASH Room
3	November 2022	Wednesday 2 <sup>nd</sup>	Ardfoyle, ASH Room
4	November 2022	Wednesday 16 <sup>th</sup>	Ardfoyle, ASH Room
5	November 2022	Wednesday 30 <sup>th</sup>	Ardfoyle, ASH Room
6	December 2022	Wednesday 14 <sup>th</sup>	Ardfoyle, ASH Room
Christmas Break			
7	January 2023	Wednesday 11 <sup>th</sup>	Ardfoyle, ASH Room
8	February 2023	Wednesday 8 <sup>th</sup>	Ardfoyle, ASH Room
9	February 2023	Wednesday 22 <sup>nd</sup>	Ardfoyle, ASH Room
10	March 2023	Wednesday 8 <sup>th</sup>	Ardfoyle, ASH Room
11	March 2023	Wednesday 22 <sup>nd</sup>	Ardfoyle, ASH Room
12	April 2023	Wednesday 5 <sup>th</sup>	Ardfoyle, ASH Room

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

## Wednesday Group, Online Zoom

Facilitators – Mai Kerins and Norma Roche		REFLECTIVE PRACTICE	Venue
		<b>12 x 2.5 hours = 30 hours</b>	Zoom On-line
September 2022	Wednesday 21 <sup>st</sup>	15min 1:1 meeting with Facilitators between 6pm and 10pm	On-line
1	September 2022	Wednesday 28 <sup>h</sup>	On-line
2	October 2022	Wednesday 12 <sup>th</sup>	On-line
3	October 2022	Wednesday 26 <sup>th</sup>	On-line
4	November 2022	Wednesday 9 <sup>th</sup>	On-line
5	November 2022	Wednesday 23 <sup>rd</sup>	On-line
6	December 2022	Wednesday 7 <sup>th</sup>	On-line
Christmas Break			
7	January 2023	Wednesday 11 <sup>th</sup>	On-line
8	January 2023	Wednesday 25 <sup>th</sup>	On-line
9	February 2023	Wednesday 15 <sup>th</sup>	On-line
10	March 2023	Wednesday 1 <sup>st</sup>	On-line
11	March 2023	Wednesday 15 <sup>th</sup>	On-line
12	March 2023	Wednesday 29 <sup>th</sup>	On-line

Zoom On-line – the course link will issue to participants closer to course commencement and in advance of the 1:1 meetings

## 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.

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

- Wednesday 21<sup>st</sup> September 2022

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, Ardfoyle Avenue, Ballintemple,  
Cork. T12 XDH2**

**Latest Applications date is Wednesday 7<sup>th</sup> September 2022**

