



Reflective Practice (Key Themes in Health and Social Care)

Janet Hargreaves, Louise Page

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Reflective practice is an essential skill for those working in health and social care, but why is it so vital and how can it be learned? As inter-disciplinary working becomes more common, finding shared ways of reflection on practice are becoming more and more important. How do we share our ideas and thoughts to enrich both professionals and their client base?

This book uses stories and exercises to enable readers to develop their skills. Its emphasis is on the practical, from how to construct a reflective essay to the ethical ambiguities of whistleblowing and constructing a professional persona.

The book is written with the needs of students of health and social care in mind. For those who want to develop their skills beyond the scope of the book, each chapter ends by with a step-up suggestion enabling them to build on what they have already learned.

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