

# Contents

<i>About the Authors</i>	xi
<i>Foreword, by Stephen Brookfield</i>	xii
<i>Preface to the Fifth Edition</i>	xv
<i>Acknowledgements</i>	xviii
<i>New to this Edition</i>	xx
<i>Key Terms (Glossary)</i>	xxi
<i>Online Resources</i>	xxiv
<b>1 Reflective Practice: an Introduction</b>	<b>1</b>
Donald Schön's Swampy Lowlands	3
Seeking a Route	6
<i>Reflection-In- and On-Practice: Our Map for the Swampy Lowlands</i>	8
Reflection and Reflexivity: Demystification	9
Reflective Practice: a Political and Social Responsibility	13
<i>Valuing diversity</i>	16
Making Sense of Experience	16
Blocks and Limitations to Reflection	19
Understanding the Name: <i>Reflective Practice</i>	21
<b>2 Values and Principles of Reflective Practice</b>	<b>25</b>
What Are Ethical Values?	26
Values and Principles of Reflective Practice	29

<i>Certain Uncertainty; Serious Playfulness; Unquestioning Questioning</i>	29
Ethical Relationships	33
<i>Ethics and Students</i>	33
<i>Ethics and Clients etc.</i>	34
Challenging Emotions	35
Reflective Awareness: Responsibility, Authority and Boundaries	39
Mindfulness	40
Forgiveness	41
Risk and Safety	42
<i>Safety, Risk and Boundaries on a Master's Course</i>	43
Focus on Reflection	46
<b>3 Theories and Contexts of Reflective Practice</b>	<b>51</b>
Theories, Frameworks, Models of Reflection: Explanations	52
<i>Altering Critical Perception</i>	53
Single and Double Loops	55
<i>Cycles and Spirals</i>	56
<i>Structured Questions</i>	59
<i>Hierarchical and Transformative Models</i>	59
Theories, Frameworks, Models of Reflection: Application	60
Contexts of Reflective Practice	62
<i>Personal Development Plans and Portfolios (PDP)</i>	62
<i>E-portfolios</i>	63
<i>Video</i>	66
<i>Action Learning or Research</i>	67
<i>Methods from the Arts and Other Media</i>	68
Developmental Processes Involving Reflective Practice:	
Supervision	70
<i>Mentoring</i>	71
<i>Co-peer Mentoring</i>	73
<i>Paying Attention</i>	75
<b>4 The Power of Narrative</b>	<b>78</b>
Reflective Practice Narratives	80
<i>Narratives of Practice</i>	83
<i>Autobiographical Reflective Stories</i>	85
Our Storied Nature	88
The Relationship Between Life-as-Lived and Narrative	91
From Uncritical Storymaking to Critical Reflective Narratives	92

<b>5 Perspective</b>	<b>97</b>
Perspective and Reflective Practice	97
<i>The Narrator</i>	100
<i>Omniscient, Reliable and Unreliable Narrators</i>	101
<i>Ghosts and Shadows from the Past</i>	103
Perspective and Truth; Fact and Fiction	104
Clients' Confidentiality and Privacy	107
Using Genre to Develop Perspective	108
<i>Fantasy, Folk Tale, Fable, Myth</i>	109
<i>Writing for Children</i>	111
<i>Parody</i>	113
<i>Poetry</i>	114
<b>6 The Power of Metaphor</b>	<b>121</b>
What Is Metaphor?	124
Metaphor at Work	125
Using Metaphor to Develop Reflection and Reflexivity	128
Image and Reflection	133
<b>7 Writing as Reflection</b>	<b>135</b>
Writing to Learn	138
The Discipline of Writing	140
Finding the Writer's Voice	142
Writing about Events, or Abstract Musing	144
<i>Perception and Questioning</i>	147
<i>Reading and Sharing Writing</i>	150
<i>Silence</i>	153
Reflective Writing and Artistry	154
<i>Writing: an Ancient Power</i>	154
<b>8 How to Do Reflective and Reflexive Writing</b>	<b>157</b>
Introduction to Writing <i>First Draft</i> Reflections	157
<i>Trust the Writing Hand</i>	157
<i>Suspend Your Disbelief</i>	158
How to Start: the Five Stages	159
<i>Stage 1: The Six-minute Write</i>	159
<i>Stage 2: The Incident, Narrative, Story</i>	161
<i>Stage 3: Read and Respond</i>	165
<i>Stage 4: Sharing Writing with a Peer(s)</i>	168
<i>Stage 5: Developing Writing</i>	171

**x Reflective practice**

Reflective Writing for Assignments	174
Developing the Five Stages	176
<i>Lists</i>	176
<i>Unsent Letters</i>	176
<i>Dialogue to Develop Aspects of Ourselves</i>	177
<i>Internal Mentor</i>	177
<i>Internal Saboteur</i>	179
Writer's Block	180
<b>9 Reflective Practice Journals</b>	<b>183</b>
Logs, Diaries and Journals	186
The Reflective Practice Journal: an Explanation	188
Reflective Practice Journals and Ethical Values	190
The Thing	191
Types of Writing	192
How to Write: the Four Stages	193
<i>When, Where, For and with Whom to Write a Journal</i>	198
Journals as a Course Element	200
Modelling Critical Reflexivity	203
<b>10 Assessment and Evaluation</b>	<b>205</b>
Assessment of Reflective Practice Journals	207
Assessment: Queries, Problems and Pitfalls	208
<i>Issues with Grading Reflective and Reflexive Writing</i>	210
Assessment Solutions	211
Evaluation	214
<b>11 Reflective Writing and Team Development</b>	<b>219</b>
The Growth of a Team	221
<i>Some Boundaries</i>	222
<i>More Stories: Evaluation</i>	223
More Team-Building Stories	224
<b>12 Reflection on Reflection</b>	<b>231</b>
<i>References</i>	240
<i>Index</i>	263