Contents

Acknowledgments		ix
1	Introduction	3
2	What Can My Reflective Portfolio Be?	16
3	Finding Optimal Conditions to Write and Reflect	21
4	Getting Started: Learning as a Journey - Writing Prompts	23
5	Using Reflective Writing Prompts and Storytelling Skills to Maximize Growth and Reflection	28
6	Communication – Writing Prompts	36
7	Collaboration and Teamwork – Writing Prompts	39
8	Conflict – Writing Prompts	42
9	The Personal Narrative Reflection Tool: Steps for Enhancing Critical Reflection in Your Portfolio Entries	47
10	The Patient or Client as a Person – Writing Prompts	49
11	Diversity/Culture/Equity – Writing Prompts	57
12	Social Justice/Advocacy – Writing Prompts	61
13	From Portfolios to Action: Practical Strategies for Practicing Reflective, Narrative-Based Care	64
14	Well-Being and the Clinician as a Person –	
	Writing Prompts	68
15	Ambiguity/Uncertainty – Writing Prompts	73
16	Career Satisfaction – Writing Prompts	75

17	Battling the Inner Critic: How to Stay Open When	
	You Reflect and Write	78
18	Personal Reflections – Writing Prompts	80
19	Sample Course Guidelines	91
20	The Body – Writing Prompts	96
21	Things to Consider When Forming a Reflective Writing Group	100
22	Professionalism and Ethics – Writing Prompts	102
23	Values, Beliefs, and Assumptions – Writing Prompts	107
24	Toward a More In-Depth Assessment of Reflective	
	Writing Evaluation	111
25	The Hidden Curriculum and Power – Writing Prompts	115
26	Am I a Good Group Member? Positive Characteristics	118
27	Dilemmas and Difficult Stories – Writing Prompts	121
28	Sample Discussion Points When Working with Stories	126
29	For Teachers and Student Group Leaders	129
30	A Sample Narrative Reflection Workshop Evaluation	133
31	Creativity – Writing Prompts	135
32	Graphic Medicine: Reflecting without Words	147
33	Getting Published: Common Themes That	
	Predict Success	151
34	Guidelines for Narrative Accountability When	
	Writing or Publishing about Patients/Clients	154
35	Finding Publishing Opportunities	157
36	A Few Words on Blogging and Social Media	167
37	Other Writing and Healing References	172