

PRACTICE REFLECTIONS

At the end of each term you need to submit your reflections on your personal practice of the level you've been working with.

How long?

Approximately 1 page.

What format?

There is no prescribed structure, simply typed or handwritten notes sent via email.

By when?

Ideally you will submit your reflections on each level before starting the next (at the start of the new term). Your reflections should be sent to your mentor.

The final deadline for submitting your practice reflections for levels 1 to 4 is the Foundation Year exam, or the start of the Practitioner Year if you are continuing with the diploma.

Will it be marked?

No, your reflections will not be evaluated or assessed, but you do need to submit them to evidence the independent practice you are doing.

What do I write about?

Over the term, practice the protocol and exercises specific to that level, writing your phenodescription each time.

At the end of the term, look back at your notes and write a summary of your phenodescriptions. Try to identify any themes or patterns or changes. Add a reflection on your experiential understanding of that level and what it has brought to you.

There is no right or wrong way to do this, so be very free with what comes as a description of what you have discovered, learned, experienced - sensations, feelings, thoughts, insights, actions, reactions, capacities, resources. What you are noticing about yourself, others and the world around you?