

Models of reflective practice

GIBBS' REFLECTIVE CYCLE

The steps are listed below with examples of questions that will help to prompt reflective practice.

1 **Description.** What happened? What did you do and what did the client/patient do? What was the outcome?

2 **Feelings.** What were you feeling before, during and after the situation? What do you think the client/patient was feeling?

3 **Evaluation.** Be objective, what worked well? What didn't go so well?

4 **Analysis.** Why did things turn out the way they did? What can help you understand the situation? (e.g. academic literature, therapy models)

5 **Conclusions.** What did you learn from this experience?

6 **Action plan.** Is there anything you would do differently next time?

Models of reflective practice

WHAT? SO WHAT? NOW WHAT?

1

What? What was the context? What was the outcome?
What was good/bad about the experience?

2

So What? So, what was going on in my mind at the time? So, what does this tell me about my practice? So, what could I have done differently to get a more desirable outcome?

3

Now What? Now what do I need to do in the future to do better? Now what might be the consequences of this new action? Now what do I need to do to ensure that I will follow my plan?