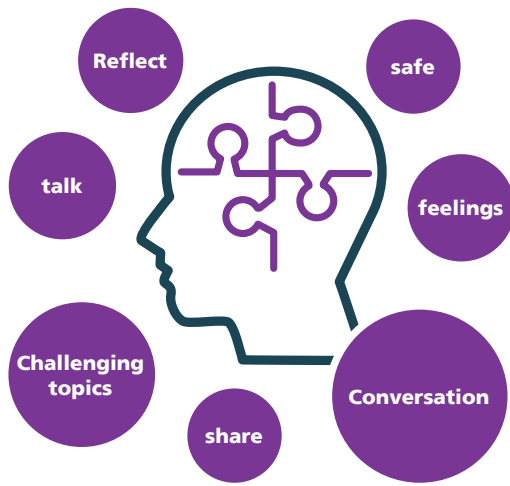


## Reflective Practice across JUCD

Reflective Practice sessions aim to provide a safe environment in which colleagues can talk about shared morally and practically challenging events they may have faced.

Many groups of colleagues have taken time to reflect on the circumstances and situations they have had to deal with as part of their role. Reflective Practice is a conversation that is guided, but also flexible enough to allow colleagues to share their experiences and associated feelings.



## Your data

The information you provide during a Reflective Practice session will remain strictly confidential between you, the group and the Practitioner. However, if as part of the discussion you disclose something that puts either you or another person at risk, or it is felt that further support would be beneficial, the practitioner will share this information to ensure any supportive measures are put in place to minimise any potential risk to yourself, colleagues, patients or members of the public.

The information you share will remain confidential and any paperwork will be retained securely by the Wellbeing team.

**This data will NOT be added to your medical or any HR files and it will not be used for any other purpose than supporting your welfare.**

Contact



Wellbeing Hub, Level 5, Royal Derby Hospital

[uhdb.support@nhs.net](mailto:uhdb.support@nhs.net)

Wellbeing

Joined Up Care Derbyshire

# Reflective

# Reflective Practice

Safe space to reflect  
Share experiences  
Emotional Impact

Reflective Practice sessions

## What is Reflective Practice?

Reflective Practice is a peer led, structured conversation where participants can confidentially share experiences, thoughts and feelings relating to events within the workplace.

A Reflective Practice session provides an opportunity for groups of staff, with shared experiences, to get together and through conversation, recognise the impact of these events on themselves and each other.

## Who is Reflective Practice for?

Reflective Practice is available to all NHS staff and can be accessed by emailing [uhdb.support@nhs.net](mailto:uhdb.support@nhs.net).

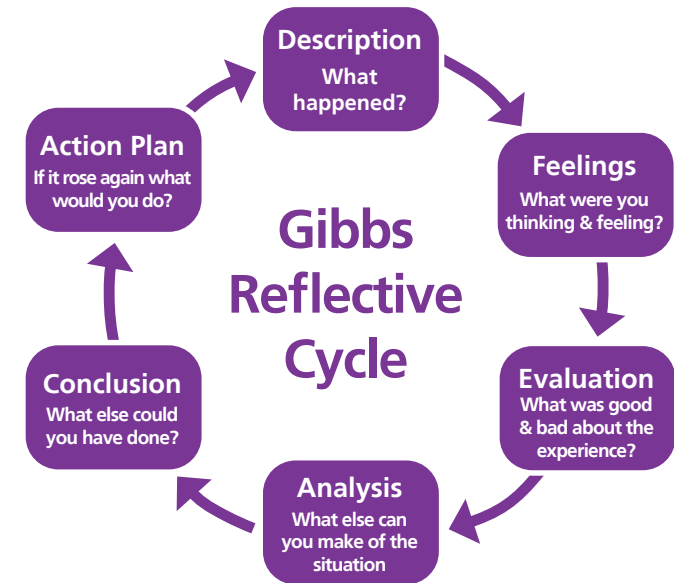
## Who delivers Reflective Practice?

Reflective Practice sessions are delivered by colleagues who have received the appropriate training.

- Sessions are approximately 45 minutes and aim to help attendees create a 'meaningful narrative' about their experiences which in turn helps them process what they have been through.
- These sessions are not focussed on blame, but a safe space to reflect.
- Colleagues attending a Reflective Practice session are encouraged to be open and frank about their experiences and supportive towards others while they speak
- This can be delivered as part of a wider wellbeing event or team support/training day.

Following on from a Reflective Practice session, colleagues may be referred to other support services, where appropriate.

## How does Reflective Practice work?



Gibbs Reflective Cycle is a self-reflection and management tool that helps people to think clearly and systematically about the different experiences they have gone through during specific activity or similar situation and draw conclusions.