

HOW TO USE THE 'STAGES OF REFLECTION' VIDEO

This video has not been designed as a single use training video, although it can be used as such. The design ideas behind the video are about providing a 'virtual critical friend' and a tool which can be embedded into a laptop or smartphone which you can access as and when you wish.

In recent years social work practice environments have changed. People often find themselves working from home, alone. The questions that might have previously been 'flying around' a busy office environment are no longer there. We therefore need to think more proactively about creating emotionally safe, reflective working environments. This video is designed to support reflective thinking and replicate those office based critical friendships through getting you to consider the various stages of reflection, and by giving you questions to consider for each.

In those moments when you find yourself unsure what to do, watch the video and slow your thinking down a little. A different question may jump out at you each time you watch the video. Maybe a different stage of reflection will be particularly relevant. The video may help you to work through a block. Playing the video will certainly give you a short period of reflective time.

At the end of each reflective stage questions are given to help deepen your reflection and give you a structure for your thoughts. You may find it useful to pause the video and work through each question, or the questions that appear in the video are available as prompt cards for you to use as needed within your practice.

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