

## A Participants Guide to Restorative Reflective Supervision Group Work

Phase	Presenter	Facilitator	Group Members
<b>What?</b> Story/ Lyrics 10 minutes	Tell the story of the patient <ul style="list-style-type: none"> <li>• The presenting problem</li> <li>• The history</li> <li>• Circumstances</li> <li>• Family background</li> <li>• Social Background</li> <li>• Significant conversations</li> <li>• -what was said</li> </ul>	Remind the group of the ground rules Keep the time Notice: <ul style="list-style-type: none"> <li>• How the presenter presents</li> <li>• Own reactions/feelings/thoughts</li> <li>• Clarify where necessary</li> </ul>	Listen to the words Notice: <ul style="list-style-type: none"> <li>• Own reactions</li> <li>• Feelings</li> <li>• Imaginings</li> <li>• Thoughts</li> <li>• Questions</li> <li>• Even how the body reacts</li> <li>•</li> </ul>
<b>What Else?</b> Reflections Melody/ Harmony 15 mins	What was the patient like to be with? What feelings were generated then/now? What were you being 'pulled' to do/say?	Prompt the presenter Reflect back your own reactions: Use: "I notice...." And "I wonder..."	Reflect back your own reactions Use: "I notice...." And "I wonder..."
<b>So What?</b> Meaning/ Song 15 mins	How do you want to respond to what has been said? Allow yourself to step back from your own feelings and reactions.	Remind the group that what is experienced as feelings and reactions may be what the patient experiences. Ask what else might help to understand the patient?	Continue to notice and wonder. Bring other knowledge and experience other situations Look from a different perspective.

	<p>Don't be afraid to get it wrong/right</p> <p>Try to make sense of the patient</p>	<p>What theories might we draw on?</p> <p>Don't be afraid to get it wrong/right</p> <p>Try to make sense of the patient</p>	<p>Don't be afraid to get it wrong/right</p> <p>Try to make sense of the patient</p>
<p><b>Now What?</b></p> <p>The Dance Action</p> <p>10 mins</p>	<p>What needs to happen for the patient/self/to be cared for holistically?</p> <p>Who?</p> <p>What?</p> <p>How?</p> <p>What new knowledge has been discovered or generated?</p> <p>About the patient?</p> <p>About ourselves?</p> <p>About practice?</p>		

## Reflective Practice – Reflection on Action In a group or 1-2-1

Notes for all participants:

- Everything is confidential unless the group agrees to take the actions outside of the session to implement action or change
- Hold each other with utmost positive regard.
- There are no wrong answers.
- When speaking begin with “I notice or I noticed....”
  - Eg. When you said a,b,c.....that you seemed ...
  - When you said a,b,c.....that I felt/thought/imagined

- And enquire by asking “I wonder ... if/when/how/where/because