**Pop-Up Reflective Practice**

**Reflection Sheet**

**Name:**  **Institution:**

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| **Date:** | |
| **Pre session questions to reflect on** | |
| 1 | What type of ‘work’ do you want to bring: is it outer world (to do with a chaplaincy encounter) or inner world (to do with what’s going on within you)? | |
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| 2 | If it is a patient encounter, what was the patient like to be with? What feelings were generated then/now? What were you being ‘pulled’ to do/say? | |
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| 3 | What contextual information is useful to share? Tell the story of the encounter, the history, circumstances, family background, social background, significant conversations (can you write a verbatim recalling some of what was said)? | |
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| **Post session questions to reflect on** *approx. 50-100 words per question* | |
| 1 | What new knowledge has been discovered or generated? About the patient? About yourself? About practice? |
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| 2 | Particularly if you presented the case, what next steps might you want to take? |
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**Certificates:** For those who request them, certificates for one CPD will be emailed out to attenders of the reflective practice when sending this reflection sheet to the presenter within two weeks of the Journal Club. [Two CPD point may be claimed if your case is reflected on in the session.]