



SHEP
Capacity for Personal
& Social Transformation



Healthy
Waterford



Comhairle Cathrach
& Contae Phort Láirge
Waterford City
& County Council

SHEP Continuing Professional Development:

Reflective Practice

For Practitioners supporting Community Health & Well-being

September 2023 - March 2024

Waterford City

Fully in-person

Full bursaries available - through Healthy Ireland Waterford - for those who secure a place

Are you working in a community-oriented and/or service-oriented role? Do you want to be better able to bring about positive change through your work? Are you interested in using an evidence-based model to reflect with others on the assumptions, motivations, feelings and beliefs that shape your ways of working? This part-time, SHEP CPD Programme may be of interest.

What some past participants have said

'It was wonderful to engage with fellow professionals and participate in their struggles alongside my own. This was positive and life affirming as well as contributing greatly to the learning of how to be reflective in my practice.'

'This course provided me with the space to take time out from day-to-day craziness of work to genuinely reflect and think about what is important – really enjoyed it and benefitted from it personally and professionally.'

'This course allowed me to go into a heart space which is often neglected and ignored in the heady obligations of my working life.'

Aim

The aim of the programme is to co-create a space for a group of ten to twelve participants to reflect on their prior and current practice experiences. The programme aims to enhance participants' capacity to engage in the critical reflective process and to enhance their capacity to co-create the conditions for learning from reflecting of practice. The focus of the programme will be on the reflective phase of the experiential learning/action planning cycle.

About the Reflective Practice Programme

This experiential programme uses the 'Critical Reflection' model (Fook & Gardner, 2007) to create a place for practitioners to reflect on their prior and current practice experiences. Participants will share in the creation of a space that facilitates a gentle and supportive exploration of the assumptions, values, beliefs and feelings that underpin participants' ways of being active in their respective work settings.

Entry requirements

Candidates must:

- Demonstrate an interest in learning about and practising reflective processes.
- Have a willingness to be open in a group setting, sufficient for a process of reflection on the assumptions, values, beliefs and feelings underpinning their activity.
- Have a willingness to go to their 'learning edge'.

Applications may be accepted from more than one individual per organisation. However, a participant may not be in the group alongside their line manager.

Approach

This programme is primarily experiential. There will be very limited formal teaching and a small amount of guided reading.

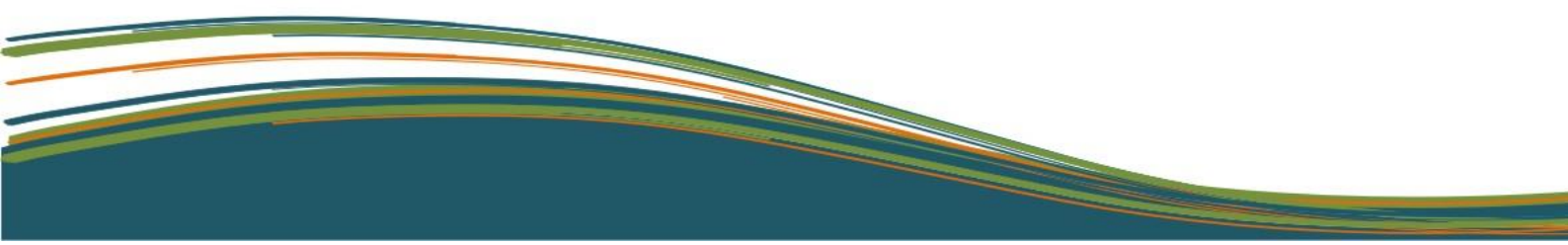
Learning Outcomes

Participants who complete this programme will be able to:

1. Better reflect on their practice at work.
2. Participate in the co-creation of a group reflective practice space.
3. Adopt a facilitative stance that, together with others in a group context, co-creates the conditions for an effective reflective practice space.

Philosophy

This CPD programme is underpinned by SHEP's philosophy that self-awareness and self-knowledge when combined with a commitment to community action is the basis for personal and social transformation. The programme reflects SHEP's philosophy that adults continue to learn throughout their life and that life and practice experience is an invaluable source for that learning. It is inspired by SHEP's commitment to equality, social justice, social transformation and the contribution that group spaces can create for learning.



The 'Critical Reflection' Model

The 'Critical Reflection' model (Fook & Gardner, 2007) is informed by four key perspectives:

1. There is a value in reflecting directly on experience (Reflective Practice)
2. There is a value in being open to exploring how we ourselves influence the experience (Reflexivity)
3. Allowing that there are many views on what's true and some of these views are powerful and silence others. How the language we use is important and how we create difference (Post-modernism)
4. We can disempower ourselves – important to create an opportunity to free ourselves from dominant ways of thinking to make a connection between the individual and the wider social sphere. (Critical Social Theory)

Through facilitated reflection on a 'critical learning incident', assumptions underpinning practice can be surfaced and examined towards bringing about change. A critical incident is something which happened to you, which was significant to your practice in some way. It can be significant for many reasons – it might have represented a turning point, a breakthrough, or a point of decision-making – what is important is that an incident is chosen to reflect on, from which it is felt there is something still to be learnt. The majority of the course time will be spent on giving time to participants to have an opportunity to process a critical incident of importance to them.

Time Commitment & Schedule

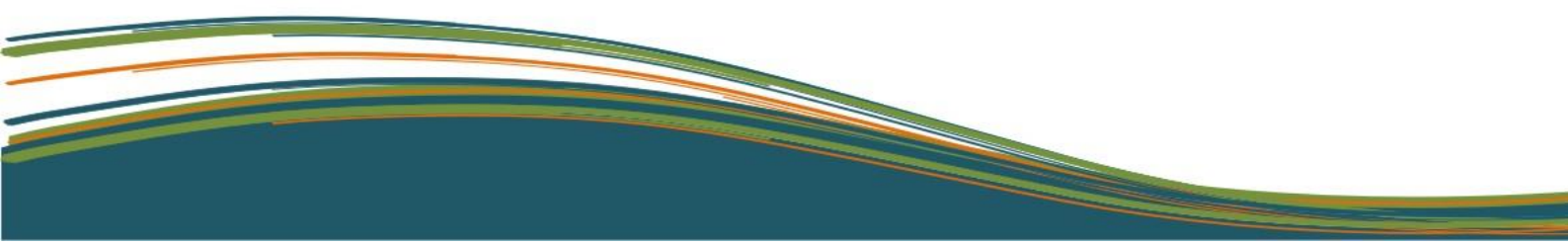
The group will meet in person for thirteen (three-hour) evening workshops in Waterford. This entails approximately 39 contact hours. Participants are encouraged to schedule an additional one hour per week for reflective writing and a small amount of guided reading.

Tuesday, Sept 26	Session 1	In-person	6.30pm-9.30pm*
Tuesday, October 10	Session 2	In-person	6.30pm-9.30pm*
Tuesday, October 17	Session 3	In-person	6.30pm-9.30pm*
Tuesday, November 7	Session 4	In-person	6.30pm-9.30pm*
Tuesday, November 21	Session 5	In-person	6.30pm-9.30pm*
Tuesday, December 5	Session 6	In-person	6.30pm-9.30pm*
Tuesday, December 19	Session 7	In-person	6.30pm-9.30pm*
Tuesday, January 9	Session 8	In-person	6.30pm-9.30pm*
Tuesday, January 23	Session 9	In-person	6.30pm-9.30pm*
Tuesday, February 6	Session 10	In-person	6.30pm-9.30pm*
Tuesday, February 20	Session 11	In-person	6.30pm-9.30pm*
Tuesday, March 5	Session 12	In-person	6.30pm-9.30pm*
Tuesday, March 19	Session 13	In-person	6.30pm-9.30pm*

**The timings can be negotiated with the group.*

Venue

Butler Community Centre, St John's Park, Waterford.



Facilitators

The Facilitators will be **Joan Frawley** and **Leighann Ryan Culliton**.

Joan Frawley has worked for many years as a secondary school teacher. She has been facilitating Reflective Practice Groups for SHEP in the South-East since 2018. She has also completed advanced training with SHEP and is a registered facilitator on the SHEP Community Education Programme.

Leighann Ryan Culliton PhD is a Health Promotion Officer with the Health Service Executive and a research fellow at Wrexham Glyndwr University. Prior to working in Health Promotion, Leighann worked for 4 years in the Regional Suicide Resource Office as a training and development officer. Leighann also worked for 12 years as a senior youth worker in Carlow Regional Youth Service working in both the community-based drug prevention initiative and the youth at risk project.

Certification

A SHEP Certificate in Reflective Practice will be awarded where an 80% attendance record is achieved. There will be no formal assessment in the programme. Participants will be required, however, to submit one short written reflective learning piece at the end of the programme.

Costs

The normal cost of the course is €590. Full bursaries will be provided to those who secure a place - funded by Healthy Ireland Waterford.

Making an Application

Interested applicants should submit a completed application form (marked 'Waterford Reflective Practice') to jess.bowen@socialandhealth.com by 5pm on **Monday, 18th September 2023**. Early application is advantageous.

Further Information

www.socialandhealth.com

or contact Jessie Bowen jess.bowen@socialandhealth.com Phone: 089-6100906



SHEP
Reflective Practice

Generating Insight, Innovation & Change

Social and Health Education Project

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