A model of structured reflection (10th version) (Johns, 1995)

- How did my actions match my beliefs?
- How do I feel about the situation?
- Has this changed my ways of knowing?
- What would be the consequence of alternative actions?

You are a qualified Health Visitor. You have knowledge, skills and a lot of experience under your belt.

You're going to visit a family with a child who is obese. On past experience you plan to propose a diet, a food diary and a schedule of visits.

One week later …

Second visit.

Nothing's happened.

No change.

You look back at what you did and wonder what you could have done differently and why the mother didn’t take your advice.

You go and read some more recent literature and look at some family therapy theory a colleague suggested. You want more than just her word for it.

You go back to studies that used systems theory and decide on a case conference with social services.

You set up a family meeting with all members. Sister confesses she regularly sneaks obese brother crunchies and chips.

You still need to help the family to make changes but have different strategies try… and the cycle starts again...

Reflect

'To turn one's thoughts (back), to fix the mind or attention on or upon a subject, to ponder, meditate on …' (meaning 4)

'To cast a certain light on …' (meaning 6b)

(Oxford shorter dictionary)

A model of structured reflection (10th version) (Johns, 1995)

You go and read some more recent literature and look at some family therapy theory a colleague suggested. You want more than just her word for it.

You go back to studies that used systems theory and decide on a case conference with social services.

You set up a family meeting with all members. Sister confesses she regularly sneaks obese brother crunchies and chips.

You still need to help the family to make changes but have different strategies try… and the cycle starts again...

Reflect

'To turn one's thoughts (back), to fix the mind or attention on or upon a subject, to ponder, meditate on …' (meaning 4)

'To cast a certain light on …' (meaning 6b)

(Oxford shorter dictionary)

You go and read some more recent literature and look at some family therapy theory a colleague suggested. You want more than just her word for it.

You go back to studies that used systems theory and decide on a case conference with social services.

You set up a family meeting with all members. Sister confesses she regularly sneaks obese brother crunchies and chips.

You still need to help the family to make changes but have different strategies try… and the cycle starts again...

Reflect

'To turn one's thoughts (back), to fix the mind or attention on or upon a subject, to ponder, meditate on …' (meaning 4)

'To cast a certain light on …' (meaning 6b)

(Oxford shorter dictionary)

You go and read some more recent literature and look at some family therapy theory a colleague suggested. You want more than just her word for it.

You go back to studies that used systems theory and decide on a case conference with social services.

You set up a family meeting with all members. Sister confesses she regularly sneaks obese brother crunchies and chips.

You still need to help the family to make changes but have different strategies try… and the cycle starts again...

Reflect

'To turn one's thoughts (back), to fix the mind or attention on or upon a subject, to ponder, meditate on …' (meaning 4)

'To cast a certain light on …' (meaning 6b)

(Oxford shorter dictionary)