The reflective cycle (Gibbs, 1988)

**Description**
What happened?
- 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.
- You visit, talk to mum and agree your plan.
- One week later... Second visit. Nothing's happened. No change.
- 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.

**Feelings**
What were you thinking and feeling?
- Mum seemed keen to work with you (even though...). You didn’t show your disappointment, and stayed positive.
- ... see above.
- What didn’t go so well? ... see above.

**Evaluation**
What was good and bad about the experience?
- You go back to studies that used systems theory and decide on a case conference with social services.
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**Analysis**
What sense can you make of the situation?
- You still need to help the family to make changes but have different strategies try... and the cycle starts again...
- You go back to studies that used systems theory and decide on a case conference with social services.
- 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.
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**Conclusion**
What else could you have done?
- You go back to studies that used systems theory and decide on a case conference with social services.
- 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.
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**Action plan**
If it arose again, what would you do?
- You still need to help the family to make changes but have different strategies try... and the cycle starts again...
- You go back to studies that used systems theory and decide on a case conference with social services.
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