



CHARTERED
SOCIETY
OF
PHYSIOTHERAPY

Exercise 1

How are you feeling about this session?

Go to [Menti.com](https://www.menti.com)
Enter the code:

6655 5759

One of my college professors used to say “anything worth doing is worth doing poorly.” I didn’t understand that for years because I didn’t do anything poorly, I couldn’t do anything poorly, I had to Do Everything Perfectly.

But brushing your teeth for 30 seconds is better than not brushing them at all when that 2 minutes seems exhausting. Doing ten minutes of yoga is better than 10 minutes of sitting when 30 minutes of cardio sounds impossible. Changing my clothes is good when a whole shower is impossible. Standing on the porch for a few minutes is worth it after being in the house for three straight days because I don’t have the energy to go anywhere.

Anything worth doing is worth doing poorly...



CHARTERED
SOCIETY
OF
PHYSIOTHERAPY



Dumbledore: I use the Pensieve. One simply siphons the excess thoughts from one's mind, pours them into the basin, and examines them at one's leisure. It becomes easier to spot patterns and links, you understand, when they are in this form.

Harry: You mean ... that stuff's your thoughts?

Dumbledore: Certainly.

— J.K. Rowling



What is Reflection?

“...looking so honestly at ourselves, and what is happening (and has already happened) around us, is to help give us a fresh outlook on situations, to gently challenge existing or habitual ways of thinking, feeling and acting, and to explore how situations might be approached differently. When we try to integrate and apply all of this, we are engaging in ‘reflective practice’.”

- Maia Forrester



“It does not do to dwell on dreams and forget to live.”



Reflection & the Roadmap for FCP's

Stage One:

“It is likely a practitioner will require 5 pieces of reflection to show currency of their KSA in daily practice.”

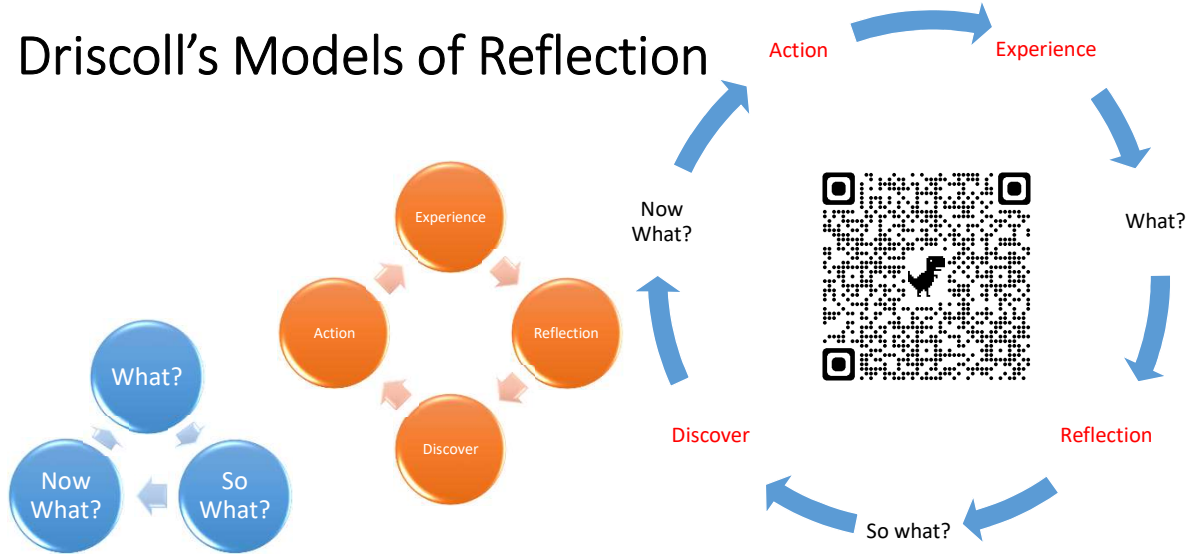
Stage Two:

“One learning log reflection a week would build up evidence of application of knowledge and skills in everyday practice.”





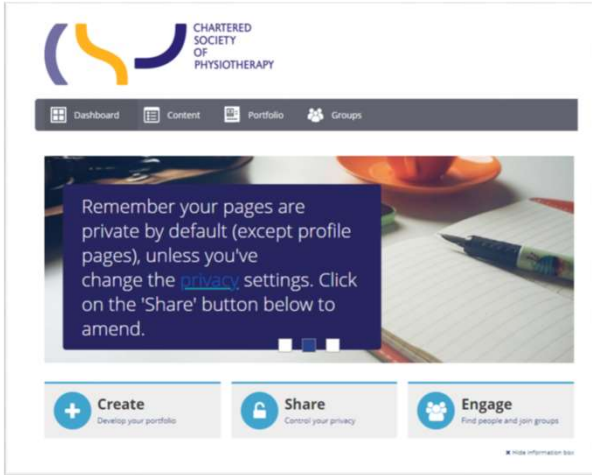
Driscoll's Models of Reflection



WHAT	SO WHAT?	NOW, WHAT?
Description of the event. Reflect purposefully on that experience using questions like:	Analysis of the event. Main questions which will arise here are:	Show the proposed actions and new learning from that experience. It raises questions like:
<ul style="list-style-type: none"> What have you chosen to reflect on this event for? What exactly happened? What did you see? What did you do? What was your reaction? What was the reaction of other people? What are the key aspects of this situation? 	<ul style="list-style-type: none"> What were you feeling at the time of the event? What are you feeling now? What was the impact of your reaction? What positives have emerged? What is troublesome, if anything? What were your experiences in comparison to others? 	<ul style="list-style-type: none"> What are you planning to do in the future? What will happens if you don't alter anything? What might you do differently next time again? What are the best ways of getting information about the situation should it arise again?



Accessing the Tools



What? So what? Now what?¹

What? (This is the description & self-awareness level. All questions start with the word what e.g. What happened? What did I do? What was I trying to achieve? What was good/bad about the situation?)

So what? (This is the level of analysis and evaluation. All questions start with the phrase so what? e.g. So what is the importance of this? So what more do I need to know about this? So what have I learnt about this?)

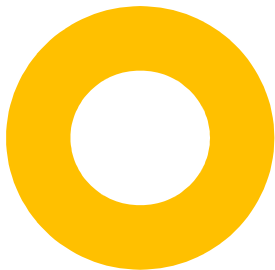
Now what? (This is the level of synthesis. All questions start with the phrase now what? e.g. now what could I do? Now what do I need to do? Now what might be the consequences of this action?)



Date: _____
Review Date: _____
I can use this evidence for: appraisal / HCPC CPD / KSF / other*
(*where appropriate)

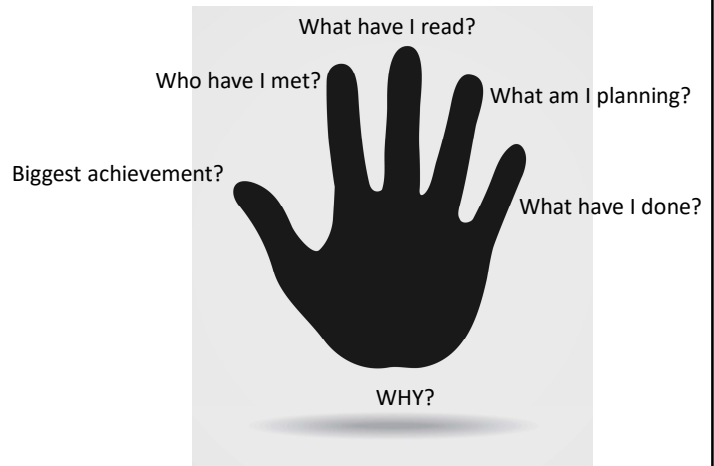
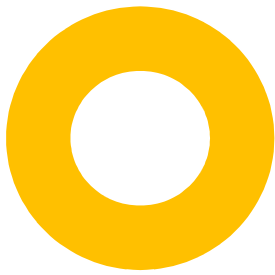


Writing Warm up 1





Writing Warm up 2



Goal setting

Think about your writing goal for this mornings session.

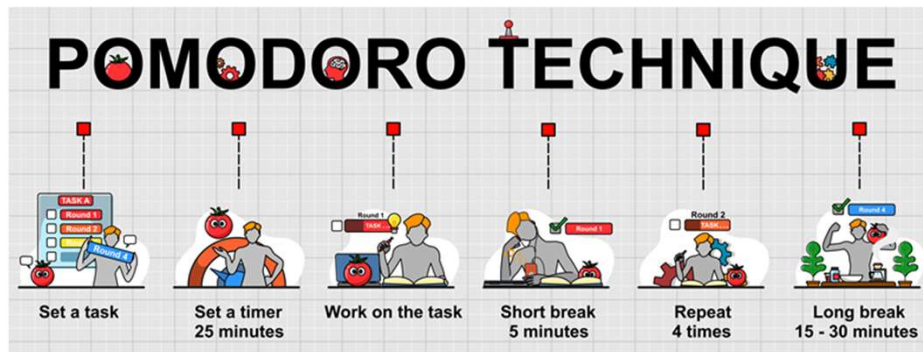
- Is it to polish existing writing?
- Is it to get a first draft on paper?
- Is it to get the tools ready to write?

- Formulate a SMART goal and enter it @menti.com Code: 6655 5759



CHARTERED
SOCIETY
OF
PHYSIOTHERAPY

The Pomodoro Technique (Francesco Cirillo)



CHARTERED
SOCIETY
OF
PHYSIOTHERAPY

Pomodoro 1:
25 mins
Cameras off
Writing activity
.....Go!

(If you need us, DM us in the chat box)



Following this, we'll break into small groups for discussion and peer support.



Becoming more critical with writing

Moves **beyond description** and is based in **theory**

Uses **critical analysis** of the sources of **evidence**

Synthesises information from a variety of sources

So What
?????

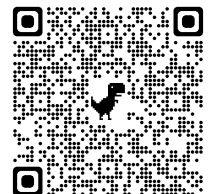
Examines the issues **in depth**

Challenges assumptions

Looks at **different perspectives**



Brookfield's 4 Lenses (2005)



Personal Viewpoint

Colleagues Viewpoint

Event

Learners Viewpoint

Literature



CHARTERED
SOCIETY
OF
PHYSIOTHERAPY

Hatton & Smith's Levels of reflective writing

Descriptive writing

- Description without discussion or reflection

Descriptive reflective

- There is a description of events with no evidence that alternative viewpoints are possible.

Dialogic reflection

- 'stepping back' from the event leads to different levels of discourse.

Critical reflection

- Awareness that events may be located within broader picture, such as the socio-political context

Hatton, N., & Smith, D. (1995). Reflection in teacher education: Towards definition and implementation. *Teaching and teacher education*, 11(1), 33-49.

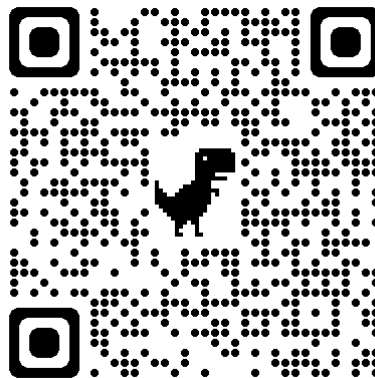


CHARTERED
SOCIETY
OF
PHYSIOTHERAPY

Academic Phrasebank



MANCHESTER
1824
The University of Manchester





CHARTERED
SOCIETY
OF
PHYSIOTHERAPY

Pomodoro 2:

25 mins

Cameras off

Writing activity of your choice

.....Go!



(If you need us, DM us in the chat box)

Following this, we'll break into small groups for discussion and peer support.



CHARTERED
SOCIETY
OF
PHYSIOTHERAPY

Top tips

- Always do a warm up
- “writing is thinking”
- Pomodoro technique
- Make it a habit
- Notebook / computer / voicenote?
- Use the phrasebank
- Don't panic





Closing Remarks

- What is your commitment to action?
 ➔ Enter your commitment on [menti.com](https://www.menti.com)
- Thank you for your time this morning, we hope it was useful.
- Please complete the post event evaluation
- Any questions about the roadmap or the portfolio please enter on [menti.com](https://www.menti.com) (43 99 46 9) and we will seek the answers for you

