

# REFLECTIVE PRACTICE FOR NEW CLINICIANS

Reflective practice is a key component of professional growth and development. This worksheet aims to guide you in self-reflection, focusing on your experiences, challenges, and emotions since our last meeting. Take the time to explore both the positive aspects and challenges to enhance your learning and effectiveness as a clinician.

---

## 1. REFLECTION ON RECENT EXPERIENCES:

*Take a moment to reflect on your emotions since our last meeting.*

- ▶ What do you feel good about in your work with clients? Identify specific moments or achievements that brought you satisfaction. This could include successful interventions, positive feedback, or moments of personal and professional growth.
- ▶ Consider the challenges you've encountered. What aspects of your work have been demanding or difficult? Reflect on the emotions these challenges evoke. What lessons can be drawn from these challenges, and how might they contribute to your ongoing growth as a clinician?

## 2. ETHICAL AND BOUNDARY REFLECTION:

- ▶ Think about the client interactions you've had since our last meeting. Write about any instances where ethical or boundary considerations came into play.
- ▶ Reflect on your responses in those situations. What decisions did you make, and how did you navigate any ethical or boundary concerns?



### 3. NERVOUS SYSTEM REFLECTION:

- ▶ Recall sessions or interactions where you noticed shifts in your nervous system. This could include feelings of desire to rescue, resentment, fear, or any other emotional responses.
- ▶ Explore what these emotional responses might indicate. What is the client or material bringing up in you? How might these reactions inform your understanding of the client and the therapeutic relationship?

.....

Reflective practice is an ongoing journey that contributes significantly to your development as a clinician. Use this worksheet as a tool to deepen your self-awareness, enhance your skills, and foster a continuous commitment to professional growth.

