



Being Critically Reflective: Engaging in Holistic Practice (Practice Theory in Context)

Fiona Gardner

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Many students and practitioners are familiar with critical reflection but struggle to make space for it in their everyday practice. This book provides an accessible and practical introduction not only to doing critical reflection, but to being critically reflective.

- It demonstrates how reflective capacity can be developed in different practice contexts and applied productively to supervision, teamwork and interprofessional working.
- It outlines the different theoretical underpinnings and methods of critical reflection, exploring the use of visual images, writing techniques and group meetings.
- It is rich with engaging case studies and questions for the reader that will help them to make critical reflection an integral part of their everyday practice.

This book is an ideal guide to dealing with challenge and change across a range of social and healthcare services, including social work, nursing, youth and community work, counselling and allied healthcare professions.

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