



dapaanz

fostering excellence in addiction practice

Reflective Practice Journal

A reflective practice journal is your reflection on your work with 2-3 clients (client case studies). It is not diary or journal entries on clients you have seen – but a more in-depth, reflection on the work you have done with specific clients. The case studies you choose do not need to have resulted in fantastic outcomes – the exercise is about learning from reflecting on what you've done so that your practice will continue to develop. We would expect it to be a minimum of one and a half to two pages typed.

Use the following as prompts when you are writing your journal.

Prompts

What was the presenting issue?

What models/techniques did you use with this client? Or, what did you do?

Were there issues you took to supervision? What were they? How did that help/or not?

What was the outcome of your work with this client?

What could you have done differently?