Model for Reflection

Training Theme	Training material and literature
Empowerment Increase client's self-confidence and self understanding Evaluation skills The HCHF self evaluation criteria	The model can be used to qualify and structure the reflections of both the health ambassadors and the target groups. It can be used in groups or individually. The model is inspired by Tom Andersen (2005) "Reflekterende processer. – Samtaler og samtaler om samtaler". Dansk Psykologisk Forlag

The model is a reflection tool. The model is applied to concrete actions and situations in practice.

You can use it individually, or in groups. You can use it to construct a reflection dialog, or you can use it in a written reflection.

The model gives you the possibility to, in a systematic way, to discover new perspectives of your actions in practice, it enables you to find other and maybe more efficient way to act, and it trains your ability to argue for your actions and choices.

The model consists of some guiding questions.

Healthy Children

THE FUTURE PERSPECTIVE

* Have I learned something new?

* How can I use this new knowledge in a similar situation?

* Is there something we have to do, or consider befor it is possible for me to use the new knowledge?

*Is there something we sholud develop, fokus on, or test in order to make it possible to do things different? Who shall do it? When? and How?

ACTION/SITUATION

* Describe the situation and the persons involved.

* Which elements in the situation do you want to focus on, or do you find interesting/puzzling?

PRACTICE

REFLECTION

ABSTRACTION

* Could I have done otherwise? were there other options?

* If so, what would/could be the consequences?

* Which conclusions can I draw?

* What was succesfull in the situation, and why?

REFLECTION

* Which elements/factors had an influence or impact on your perception of the situation?den blev?

*What did i do? Why did i do that?

* Did I achieve what i had planned/my goal?

* Did knowledge, experience, therory or other factors influence my decisions and actions?

Executive Agency for Health and Consumers