

Driscoll’s model of Reflection

Driscoll J (2000) ‘*Practising clinical supervision’:* Edinburgh: Balliere Tindall

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| **What?:** Returning to the Situation | |
| What is the purpose of returning to this situation? |  |
| What exactly occurred? |  |
| What did you see? What did you do? |  |
| What was your reaction? |  |
| What did other people do? E.g. colleague, patient, relative |  |
| What do you see as key aspects of this situation? |  |
| **So What?:** Understanding the context | |
| What were you feeling at the time? |  |
| What are you feeling now? Are there any differences and, if so, why? |  |
| What were the effects of what you did (or did not do)? |  |
| What good emerged from the situation e.g. for self, others? |  |
| What troubles you, if anything? |  |
| What were your experiences in comparison to your colleagues? |  |
| What are the main reasons for feeling differently from your colleagues? |  |
| **Now what?:** Modifying future outcomes | |
| What are the implications for you? |  |
| What needs to happen to alter the situation? |  |
| What are you going to do about the situation? |  |
| What happens if you decide not to alter anything? |  |
| What might you do differently if faced with a similar situation again? |  |
| What information do you need to face a similar situation again? |  |
| What are the best ways of getting information about the situation should it arise again? |  |

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| Action Plan |
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| How will this reflection help you to meet the HCPC Standards 3&4 for CPD |
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