

meaningful
care
matters

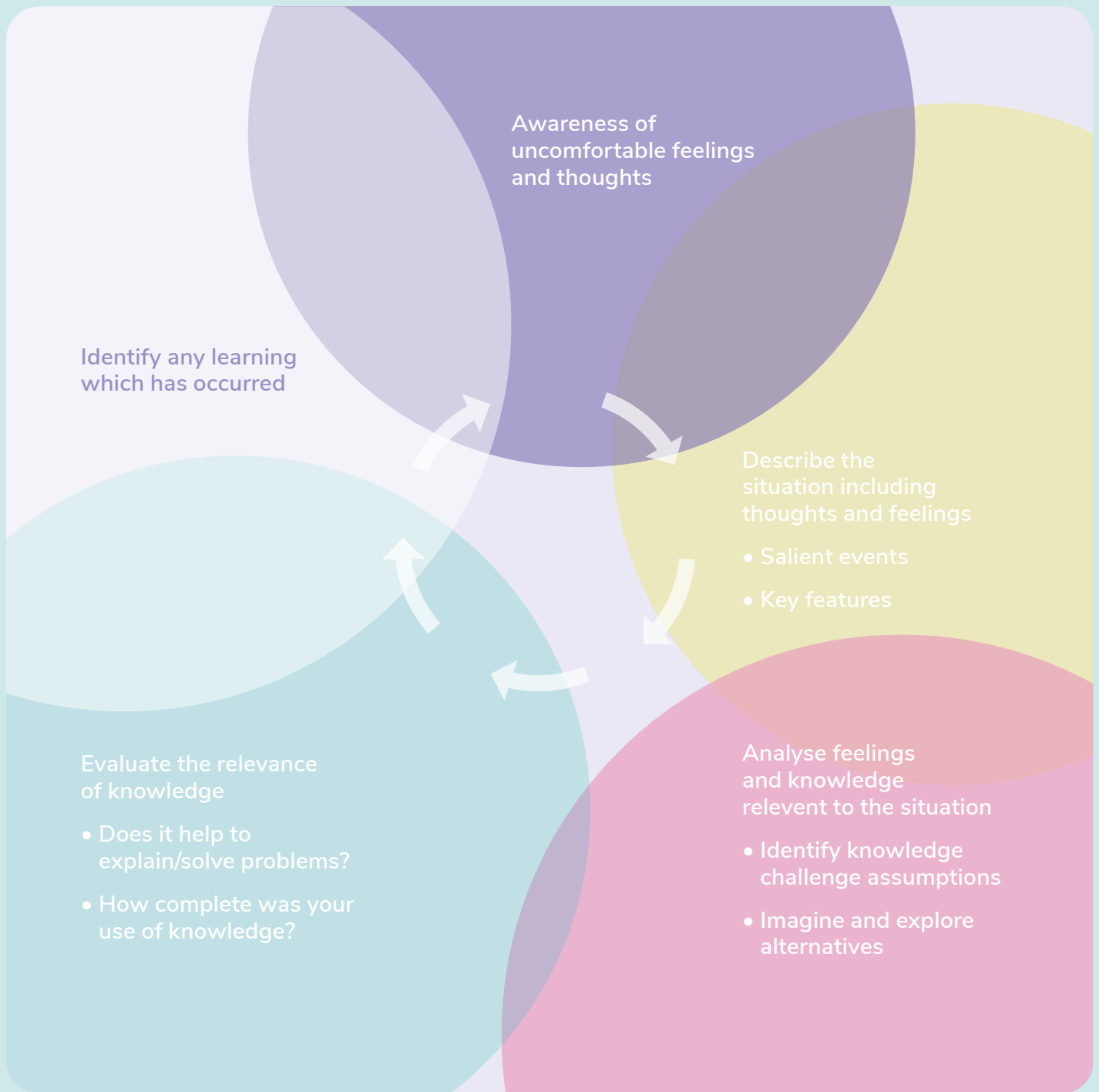


Electronic Reflective Practice Journal



Free to be me

Reflective Practice Journal



In order to truly change our attitudes and culture in care environments, there is a need to really live in truth and 'Be ourselves. A significant part of Meaningful Care Matters theoretical frameworks is that when feelings matter most, this needs to be demonstrated in the lived experience.

Reflective practice is a significant part of understanding who we are and can assist us to 'Be' rather than 'Do' in our professional practice contexts. The model of reflective practice by Atkins and Murphy (1994) focusses on the feelings associated with learning and practice outcomes.

Meaningful Care Matters finds this to be a useful reflective practice model and encourages members of The Meaningful Connections Community to consider this model when undertaking the self-directed learning packages and reflections.

To create a new culture of care, reflection is integral to understanding our own feelings, emotions and practices as we journey to 'Be' person centred, rather than 'Do' person centred care.

meaningful care matters



Name: _____ Reflective Activity: _____

Date of Reflection: _____ Total Hours of Reflection: _____

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Contact



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