



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014)

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p>Step 1 Description</p> <p>A description of the incident, with relevant details. Remember to maintain patient confidentiality. Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <p>THE SUPPORT GROUP IS FOR PEOPLE SUFFEREING FROM DEPRESSION AND ANXIETY</p> <ul style="list-style-type: none"> When did it happen? PATIENTS ARE USUALLY REFERRED TO THE SUPPORT GROUP UPON DISCHARGE OR PEOPLE SEEKING HELP COME ON THEIR OWN TO GET HELP FROM THE SUPPORT GROUP. I WATCHED ONLINE VIDEO ABOUT A SUPPORT GROUP FOR PEOPLE SUFFERING DEPRESSION AND ANXIETY IT WAS A MID SIZE GROUP OF 10 PEOPLE THEY COME IN AT THE ALLOTED TIME AND SIT DOWN. I WAS AN ONLOOKER, I LISTENED AND WATCH FOR THE FIRST TIME PEOPLE OPENING UP TO PEOPLE THAT DO NOT KNOW ALL THEIR LIVES ABOUT THEIR LIVES. THERE WAS A LADY WHO HAD ISSUE WITH HER FAMILY LIVE, HER DAD ABUSE DRUGS AND SHE DOES NOT KNOW HER MOTHER. HER BROTHER AND SISTER ARE IN PRISON FOR MURDER. SHE IS THE ONLY ONE LEFT AND SHE IS DEPRESSED BECAUSE SHE IS LONELY CANNNOT THINK STRAIGHT. SHE STARTED USING ALCOHOL BUT SHE DOES NOT WANT TO EBD UP LIKE HER DAD. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> I LIKE THE FACT THAT THE GROUP GAVE FEEDBACK AND ADVICE OF HOW THEY DEALT WITH DEPRESSION. THEIR FEEDBACK AND RESOURCES WERE REALLY HELPFUL. FOR THAT PATIENT SITUATION, I THINK SHE REALLY NEED SUPPORT AND SHE SHOULD BE REFERRED TO THE COMMUNITY FOR HELP, FOR SHELTER, TRAINING AND DAILY PROVISION OF FOOD AND PERSONAL THINGS. <p>SHE MENTIONED THAT BECAUSE OF HER DEPRESSION, SHE HAS LOST HER JOB SEVERAL TIMES AND SHE IS NOT ABLE TO KEEP HER JOB, MAKING IT HARD FOR HER TO PROVIDE FOR HERSELF. SHE MENTIONED THAT PEOPLE AROUND HER ARE DRUG ABUSERS AND ALCOHOLICS, SHE TAKES ALCOHOL AND DRUGS BUT SHE IS VERY AFRAID THAT SHE MIGHT END UP LIKE HER FATHER OR BE IMPRISONED LIKE HER SIBLINGS.</p>
<p>Step 2 Feelings</p> <p>SHE WANTS TO GO TO COLLEGE BUT SHE CAN NOT CONCENTRATE ON STUDYING, SHE IS ANXIOUS ALL THE TIME. SHE IS VERY SAD ABOUT HER FAMILY SITUATION. SHE HAS NO OY IN DOING ANYTHING IN LIFE. SHE KEEP THINKING ABOUT HER BROTHER AND SISTER AND THE THOUGHT THAT SHE WILL NOT SEE THEM ANYMORE.</p> <ul style="list-style-type: none"> I FELT VERY EMOTIONAL. I CRIED ALL THE WHILE I WAS LISTENING TO HER TALK; I UNDERSTAND WHY SHE WAS DEPRESSED AND ANXIOUS. I THINK THIS LADY REALLY NEED SUPPORT SO SHE WONT COMMIT SUICIDE AS SHE HAS NO ONE. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> IN MY OPINION, I THINK SHE DID THE RIGHT THING TO SEEK THERAPY. I THINK JUST TALKING ABOUT HER HURT AND DEPRESSION SHOULD MAKE HER FEEL BETTER. ALSO, THE FACT THAT THERE ARE OTHER PEOPLE AS DEPRESSED AS HER, MAKES HER FEEL SHE IS NOT ALONE. I THINK SHE SHOULD AVIOD HER PRESENT FRIENDS AND CHANGE HER ADDRESS SO SHE CAN GET NEW FRIENDS AND SANITY.

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Step 3 Evaluation

- THE GOOD THINK ABOUT THE EVENT WAS THAT NOT EVERYONE WAS DEPRESSED; SOME PEOPLE HAS GONE THROUGH DEPRESSION, SO THEY WERE THERE TO SUPPORT OTHERS.
- I DO NOT HAVE ANY NEGATIVE THING TO SAY, I THINK THE SUPPORT GROUP IS A GOOD INITIATIVE.
- THE EASY THING WAS THAT WHEN ONE PERSON STARTS TALKING, THE OTHER PEOPLE FEEL COMFORTABLE AND ARE ABLE TO SHARE THEIR STORY.
THE DIFFICULT THING IS THAT THE PEOPLE WHO HAS GONE THROUGH SIMILAR SITUATIONS WERE NOT ALLOWED TO SHARE THEIR DOCTORS NAME AND MEDICATION.
- OTHER PEOPLE LISTENED WITHOUT WELL TO ADVISE AND THEY ANSERED QUESTIONS TRUTHFULLY.
- I LIKE THE FACT THAT WHEN SOMEONE SHARES THEIR STORY, OTHER PEOPLE MIGHT CRY LISTENING TO THEIR STORY AND OFFER TO TISSUE TO CLEAN THEIR FACE OR PROVIDE A QUIET TIME FOR THEM.

Step 6 Action Plan

- DEPRESSION IS REAL AND IT CAN TAKE AWAY JOY AND MAKE ON SICK. THIS PATIENT NEEDS HELP, SHE SHOULD BE ASSESSED PROPERLY FOR SUICIDAL THOUGHT.
- SHE SHOULD BE REFERRED TO COMMUNITY RESOURCES THAT CAN HELP HER IN REFOCUS HER THOUGHTS AND PROVIDE FOR HER DALY LIVING UNTIL SHE CAN GET A STABLE JOB.
- I WOULD USE THIS HINDSIGHT I LEARNT FROM THE SUPPORT GROUP TO ASK MY PATIENTS QUESTUIN AND LISTEN TO THEM.
- I WOULD ALSO SUGGEST SUPPORT GROUPS TO MY PATIENTS, I WILL EXPLAIN HOW SUPPORT GROUPS FUNCTION AND THE POSITIVE RESPONSE IT HAS FROM PEOPLE

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Student Name:

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan