



# dapaanz

fostering excellence in addiction practice

## Reflective Practice Journal - a guide

A reflective practice journal is an opportunity for you to reflect on your work with two to three clients (i.e. short client case studies).

The entries are not like diary or journal entries about clients you have seen – they are an opportunity for a more in-depth reflection on the work you have done with specific clients.

The case studies you choose may have had varied outcomes – the exercise is more about learning from reflecting on what you have done with these cases, so that your practice will continue to develop.

We would expect it to be a minimum of one and a half to two typed pages, or similar.

### Prompts

Use the following prompts when you are writing your journal:

- 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?