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“Lessons Learned Through Reflective Practice”

It is important that compassionate care providers commit to developing reflective practice. Developing a sustainable strategy to improve professional satisfaction requires a commitment to developing the habit of reflective practice to enhance career satisfaction and promote professionalism. This presentation will invite participants to explore the lessons you can learn from working with older adults and their families as they experience the challenges and losses associated with aging. Discovering the steps to more mindfully make moments matter and minimize future regrets will increase your effectiveness in your relationships with your clients.

Presentation Outline:

- I. Overview
- II. Invitation: Develop the Habit of Reflective Practice
- III. Benefits of Reflective Practice
- IV. Compassion Fatigue
- V. Perspective Matters
- VI. Practice Reflection
- VII. Share Lessons Learned
- VIII. Discussion/Questions

Objectives: Following this presentation, participants will be able to:

1. Identify three benefits associated with reflective practice
2. Articulate a strategy to promote reflective practice on a personal level
3. Articulate a strategy to promote reflective practice professional level

Recommended Resources:

- Frankl, V. E. (1984). *Man's search for meaning*. New York, NY: Washington Square Press.
- Ghaye, T. & Lillyman, S. (2010). *Reflections: Principles and Practice for Healthcare Professionals*. London, UK: Quay Books.
- Levey, J. & Levey, M. (1998). *Living in Balance*. Berkeley, CA: Conari Press.
- Levoy, G. (1997). *Callings: Finding & Following an Authentic Life*. New York, NY: Three Rivers Press.
- Nelson, P. (1994). *There's a Hole in My Sidewalk: The Romance of Self-Discovery*. Atria Books.
- Pausch, R. (2008). *The Last Lecture*. New York, NY: Hyperion.
- Perry, B. (2008). Why exemplary oncology nurses seem to avoid compassion fatigue. *Canadian Oncology Nursing Journal*, 18(2):87-99.
- Remen, R.N. (1996). *Kitchen Table Wisdom*. New York, NY: Riverhead.