

## **What is the role of written reflections in the course?**

Written reflections are central to the SP/SR process. They provide for a depth of learning and exploration which somehow verbal reflection on its own does not reach. Reflective writing can be an extraordinary process, as you stumble across ideas which can quite take you by surprise. As one writer has suggested: "Writing is not the product of thought; writing *is* thought." Hence, in SP/SR, we place real emphasis on written reflections.

Written reflections are best undertaken within 24 hours of any SP/SR session, otherwise it will be difficult for you to recapture the feelings and detail of the experience. One suggestion is that you keep a reflective diary which is for your eyes only. This will probably contain reflections on both *content* and *process* of the exercises. But for the online discussion forum, we suggest that you focus your reflections mainly or exclusively on the process (e.g. how did the technique work for me? What worked? What didn't? How could I have done it better? What are the implications of my experience for clinical practice? For cognitive theory?).

As the Discussion Forum develops we encourage you to reflect respectfully on each others' reflections. This will 'enliven' the experience, enabling you to learn from each other. We ask that you contribute at least one written reflection about your own experience each week and wherever possible at least one reflection on the experiences of others. That way YOU will gain most from the SP/SR experience.