

Reflective thinking

This type of thinking is essential in counselling, social work and other community service fields

Gibb's (1988) framework of reflective learning is a useful starting point.



(Williams, Woolliams, & Spiro, 2012)

There are different situations where you may be asked to think reflectively. Here are some examples:

Example 1

Reflect on your practice counselling session

Firstly, you need to have an overview of the theories and frameworks studied in this course and know the basic counselling skills studied. To help you reflect on your counselling session, write down some questions based on Gibb's framework that you can ask yourself, for example:

- Experience: What happened in the counselling session? What skills did I apply?
- Feelings: How did I feel in the session? How do I feel now?

- Evaluation: What did I do well? What could I improve?
- Analysis: How did the theories or frameworks apply to the client or to me? (How does this apply to the session?)
- Conclusion: What would have worked better? What else could I have done differently?
- Action Plan: What would I say or do with this client in a future session? What would I do in a similar situation in the future? What did I learn about myself?

Example 2

Reflect on the influence of your family system on your development

Firstly, you need to understand family systems and stages of development. To help you reflect on these topics, write down some questions based on Gibb's framework that you can ask yourself, for example:

Experience: What were my family's systems? How did I fit in my family's systems? What stage of development am I at currently?

Feelings: How did I feel then and now, about my family system and at this stage of my development?

Evaluation: How did my family system influence my development?

Analysis: How does my experience fit the theory and what does not? Does the theory match my reality?

Conclusion: Does my experience and examples support or refute the theory?

Action Plan: Does this make any difference to how I will live my life or how I understand my life or other people's lives?

Ready to start writing a reflective assignment?

Check out the [Reflective Essay Page](#)

References

Williams, K., Woolliams, M., & Spiro, J. (2012). *Reflective writing*. Palgrave Macmillan.