**Trauma Informed Reflective Practice**

Engaging in trauma informed reflective practice provides an opportunity to:

* Identify areas of best practice
* Explore opportunities for learning and development
* Map support against the principles of trauma informed practice
* Review how the skills of ‘reconnection’ are integrated into care
* Reflect on the impact of working with trauma

1. WHAT? (please provide an overview of situation or event that you wish to reflect on)

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1. SO WHAT? (please explain what you learnt from this experience or how you have come to make sense of it)

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1. NOW WHAT? (please detail how you intend to integrate this learning and knowledge in your future practice)

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In completing the above questions, please give consideration to the following:

* How did you adhere to the 6 principles of trauma informed practice? (safety, choice and control, suporting coping, facilitating connections, responding to identity and context and building strengths)
* Which therapeutic skills of ‘reconnection’ did you use? (kindness, compassion, empathy, withholding judgement and extending acceptance, bearing witness and holding space, story stewardship, understanding, curiosity and humility, creativity, commitment and courage)

If you would welcome feedback on your reflection, please email it to:

[consultancy@nicolalester.co.uk](mailto:consultancy@nicolalester.co.uk)

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