

PROFESSIONAL REFLECTION (Category 14)

You can earn three Continuing Professional Education (CPE) points for writing a personal reflection that demonstrates a thinking process that resulted in professional learning related to the knowledge and practice of Bowen Therapy. (Capped at 6 points per membership year)

You will need to do the following to qualify for this point.

- Choose a client or clinic experience
- Complete the form and use the following ideas and criteria to create 600 words of reflective writing.
- Send your information to the CPE Committee for review and allocation of your CPE points. Capped at 6 points per membership year.

✉ btfa-office@bowen.asn.au 📬 CPE Committee PO Box 72 KILKENNY SA 5009

PROFESSIONAL REFLECTION

Your Name	
Membership Number	
Email Contact	
Date	

A reflection is a form of personal response to experiences, situations, events or new information. It is a processing phase where thinking and learning take place. There is neither a right nor wrong way of thinking reflectively, there are just questions to explore.

Reflective thinking demands that you recognise that you bring valuable knowledge to every experience. It helps you to recognise and clarify the connections between what you already know and what you are learning. It helps you to grow as an active, aware and critical learner.

Tips to help you in your reflective writing process.

Writing a personal reflection engages your reader with more than just re-telling of a story. You must reflect on your experience and really outline what you have learned and how your professional work has been changed or impacted from this experience.

- Think of a client or clinic experience.
- List subjective and objective information about the client without revealing identity.
- What treatment protocol did you follow?
- What was the outcome?
- Finish with an anecdotal reflection that demonstrated what you learned from the experience or how you have grown professionally as a practitioner or therapist.

In this reflection, consider:

- Your initial ideas and personal observations
- What you found interesting, challenging, inspiring, confusing
- How you solved a problem or reached a conclusion
- How you reached a point of understanding
- Comparisons and connections between your learning from this experience and your prior experiences or what you know from courses or learned skills.
- What you need to explore next?
- What feelings or perceptions surrounded the experience?

✓ **REMEMBER**

Nothing you write is either right or wrong. It is a reflective process that demonstrates your growth and a Bowen Practitioner or Therapist. Reflective thinking brings valuable knowledge to every experience.