

Reflective Tool

Connections are key

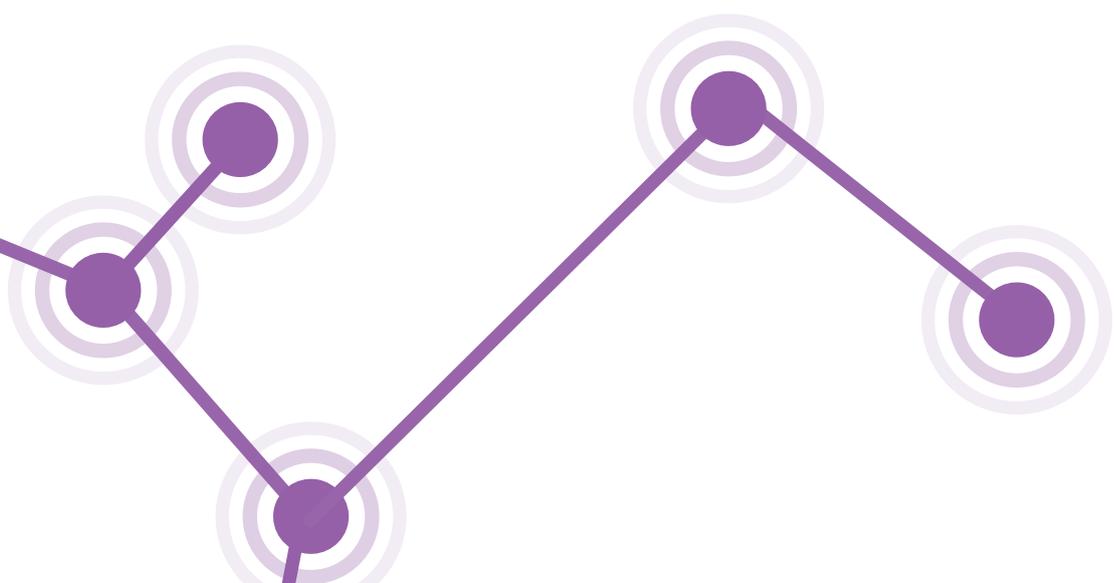
Unlocking the heart of
relationship-based practice



Reflective Tool for Practitioners

These questions aim to act as prompts for taking a reflective practice approach. It is designed to be used by both individuals, or for supervision or team based reflective practice sessions. It could also be a tool to consider what is important in commissioning.

- 1 How compassionate is your organisation? Both for the people you serve, and the people you work with?
- 2 What assumptions are you carrying about the child or family you are supporting, and for the other professionals working with the family?
- 3 How are you feeling about supporting this child or family today, and how might that impact on the support you provide?
- 4 How do you recognise the power dynamic in the relationships that exist in your working life, and how do you work around them?
- 5 How do you meaningfully include the voices of children, young people and families you work in your day to day practice?
- 6 Who in the family do you have a relationship with, and what then are the limitations on your understanding the needs of the whole family? Is there anything that you cannot or are not addressing in your role?
- 7 How do you navigate the system as a worker to make sure your relationships with professionals you work (both within your organisation, and without) are compassionate and collaborative? What might you need to do differently to improve your collaborative practice?
- 8 Does the team of professionals surrounding this child or family work in a relational way?
- 9 Are there changes you need to make, or changes that could be put in to place to improve your practice?





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