Reflection doesn’t grow on its own: Scaffolding activities to foster clinical wisdom and well-being

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None
Objectives

After this talk, participants will

… Describe learning theory behind reflective practice

… Identify various purposes of reflection to guide activities and prompts

… Identify their own preferences, and common preferences for learners

… Design and incorporate their own ideas into an activity they can use in their teaching
Why reflect?
What does reflection do for us?

- Reflection for learning
- Reflection to develop a therapeutic relationship
- Reflection to develop professional practice
- Reflection for personal growth

Reflection –
“a metacognitive process that occurs before, during and after situations with the purpose of developing greater understanding of both the self and the situation so that future encounters with the situation are informed from previous encounters.”

Sanders, 2009
Why reflection in medicine?

It seems sensible that quality of care, quality of caring, and clinician resilience [is synergistic and dependent upon settings and opportunities where] health professionals tending to the soil in which their focused attention, curiosity, creativity, compassion and resilience can grow.

I saw how awareness, flexibility, and attention are crucial for all clinicians, regardless of specialty or profession.

-Ronald Epstein
Reflection in practice…..

- It is a metacognitive process in which thoughts are “turned back” so that they can be interpreted and analyzed.

- The outcome is increased understanding and awareness which can be used in the future.

- Reflection is a metacognitive process that occurs before, during and after situations with the purpose of developing greater understanding of both the self and the situation so that future encounters with the situation are informed from previous encounters (Sanders, 2017)
Grounding and Values in Medicine

Objectives:
Connect with what’s important to you.
Learn directly from experience.
(Physicians who are connected to what’s important are less vulnerable to burnout)
I'm from early morning water skis, sizzling eggs and bacon in awe of cherry blossoms and redbuds deep summer

I am from family hug and stone sculpture dust
Mud pie with blue violets

I am from cul-de-sac Pogo sticks and ice cream truck jingles. I am from lifeguard whistles and swimming ‘til dark.

Where I'm from we like soul in our music and our food, rhythm and Blues. Going to Payless and Value City for our school shoes.

And from jostling humid, chaotic crowds and languages so recognizably alien.

I'm from drives over the bridge smelling the fresh Euphrates air, overlooking a sea of palm trees

And from a garden where children play under a Persimmon tree.

I am from detours.
Crowd Sourced Poem - Instructions

➔ Pick an image that makes you feel at home.
➔ Write a few words that capture the image for you, maybe less than a sentence, maybe a couple phrases.
➔ Be sure to pick something that you don’t mind sharing with the group.
The Poetry Slam…

To make it sound like more like a poem…
First person and then every *fourthish* person begins, “I’m from…”
Everyone else begins, “From…”
What was that like?
Cognitive Apprenticeship & Adult Learning Theory

Adventure Wave

**Brief**

**Experience**

**Debrief**

- **What?** Describe what happened
- **So What?** Analyze the experience
- **Now What?** Distill the implications
Experiential Learning Cycle

1. The Workplace
2. Testing in New Situations (applying)
3. Concrete Experiences (experiences)
4. Observation & Reflections
5. Formation of Abstract Concepts & Generalizations
6. Goal Setting & Full Value Contract
A Community Building Model

Frank, 2001

Challenge

Problem Solving

Trust

Cooperation

Role of Facilitator

Leader

Guide

Mentor

Consultant

Group formation → Group challenge → Group support
The purposes of reflection

Why do you want residents in your program to reflect?
Reflection and experiential learning

**During which activities do you want your residents to reflect?**
Scaffolding reflective practice on the fly
Tools of the trade: What’s in the reflection toolkit?

Recipe for informal reflection for learning

Start with intentions
Check in with yourself. What do you want to get out of this?

Make it Meta
Reflection requires awareness of your intentions and behavior as you move through an experience.

Pick a mode of reflection that works for you
Different modes of reflection (e.g., writing, discussing, drawing, blogging) may work best depending on the situation and your own strengths. Don’t be afraid to engage new approaches when you can.

Ask Questions!
Driscoll’s model could be the simplest...
What? Describe what happened
So What? Analyze the experience
Now What? Distill the implications
Tools of the trade continued

Google doc / QR code
Handling reluctance
Recognizing opportunities to grow reflective practice

Quick Think
(Where and how will you teach reflection in your program?)
Recognizing opportunities to grow reflective practice

Pair and share
(Describe what you want to do)
Evaluation

Please evaluate this presentation in the conference mobile app.
Thank you.
References


