

Reflective supervision

Reflective supervision enhances the quality of internships for students by providing a structured framework for them to reflect on their clinical experiences, decisions, and actions. This process fosters self-awareness, professional growth, and the integration of theoretical knowledge with practical skills. Through guided discussions, students learn to identify their strengths, recognize areas for improvement, and develop strategies for addressing challenges. Reflective supervision supports the development of critical thinking and problem-solving skills, encouraging students to become reflective practitioners.



How:

Objective; implement reflective supervision to support students' professional growth and learning in clinical settings.

1. Establish a trusting relationship; emphasize confidentiality, respect, and non-judgmental support.
2. Schedule regular sessions; arrange regular, dedicated sessions for reflective supervision, allowing sufficient time for in-depth discussion.
3. Guide reflective discussion; use open-ended questions to guide students in reflecting on their clinical experiences, decisions made, challenges faced, and emotions encountered.
4. Encourage self-assessment; prompt students to assess their own performance, identify strengths, and acknowledge areas for improvement.
5. Facilitate learning from experience; help students link theory to practice, understand the implications of their actions, and identify learning opportunities from their experiences.
6. Support professional development; discuss strategies for addressing challenges, enhancing skills, and achieving professional goals.
7. Develop action plans; collaborate with students to develop action plans for applying insights gained and improving future clinical practice.

Special requirements:

Clinical teachers should be trained in reflective practice and supervision techniques to effectively facilitate sessions.

Be adaptable in scheduling sessions and responsive to the evolving needs of students.

Be prepared to offer emotional support and direct students to additional resources when necessary.

Time required:

Allocate 15-30 minutes before each session to review student progress and prepare discussion points.

Sessions typically last between 30 to 60 minutes, depending on the depth of reflection and discussion required.

Plan for brief follow-up interactions or check-ins to monitor progress on action plans and provide ongoing support.