



Reflective practice guidelines

Identifying your 'red light' areas in clinical practice

Reflection – Self Assessment	Action
<p>RED: Triggers strong reaction (may be emotional, cognitive or behavioural). (These may be 'self-issues' related to countertransference)</p>	<p>Don't delay – something is triggering a strong response and identifying the issue/s will help to improve your clinical awareness and practice</p> <p>Use self-reflection to help identify and manage emotions</p> <p>Take to supervision for reflective analysis</p>
<p>AMBER: Triggers an emotional response but less extreme (may be left with uncomfortable feeling and uncertainty). Needs attention: Self-reflection or at supervision using reflective analysis with supervisor guidance. Left unresolved, these issues will reappear and impact on clinical practice and self-care</p>	<p>Needs attention: Self-reflection or at supervision using reflective analysis with supervisor guidance.</p> <p>Left unresolved, these issues will reappear and impact on clinical practice and self-care</p>
<p>GREEN: No particular strong emotional reactions are experienced.</p> <p>Nil required. Awareness of personal and professional strengths can be used to help manage amber and red triggers.</p>	<p>Nil required. Awareness of personal and professional strengths can be used to help manage amber and red triggers</p>