



School of Social Work

## **BSW Field Practicum** **Reflective & Reflexive Practice**

**Reflective** practice has long been a major emphasis in social work practice. Social workers engage in reflective practice when they think critically about their own ideas, communication, and actions and/or they seek feedback from others to deepen their reflection about themselves and the ways they are using theory and skills.

A model used to engage in reflective practice, the ITP loop, involves:

- recalling the experience,
- reflecting on it,
- connecting the experience to theory and knowledge, and
- responding to a current situation (Bogo & Veyda, 1998).

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**Reflexive** practice involves exploring the formation of knowledge, the history of the profession, the impact of power and the profession on self and professional approaches. The reflexive process also involves examining individual understanding of objectivity, meaning-making, and the emotions of the social worker. Reflexive practice leads to consideration of multiple truths that exist, movement away from the expert role, and appreciation for diverse perspectives.

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### **References:**

- Bogo, M. and Vayda, E. *The practice of field instruction in social work: Theory and Process* (2<sup>nd</sup> ed.). Toronto, ON: University of Toronto Press.
- Drolet, J., Clarke, N., and Allen, H. (2012). *Shifting sites of practice field education in Canada*. Toronto, ON: Pearson Canada, Inc.