**Worksheet 9.1** Reflection record for use in clinical skills supervision (Farrand et al., 2016a)

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| **Reflection record** |
| **Name of PWP:** | **Name of supervisor:** | **Date of next clinical skills supervision:** |
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| *To be completed before clinical skills supervision* |
| Section 1: Description and context of event |
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| Section 2: What is the problem/difficulty? What was I trying to achieve? What actions did I take? What were the consequences? |
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| Section 3: So… What does this tell me/teach me? What did I base my actions on? What other knowledge can I bring to the situation (literature)? |
| Supervision question: |
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| *To be completed at clinical skills supervision* |
| Section 4: Now what do I need to do differently to do things better? |
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| Section 5: Action plan… What practical steps can I take to achieve the above? |
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