

REFLECTIVE PRACTICE IN HEALTH & SOCIAL CARE



5TH DECEMBER 2011
London Conference



Ethnic Health Initiative
bmehealth.org

ETHNIC HEALTH INITIATIVE

Promoting a better understanding of BME
psychological health and well-being

REFLECTIVE PRACTICE IN HEALTH & SOCIAL CARE

This one day conference will examine and advocate the importance of critical thinking and reflective practice in health and social care. The conference will focus on how reflective practice can enhance individual / team learning, the service user experience and service delivery. Many staff working within Social Services and the NHS at present, are feeling compromised as a result of recent budgetary cuts having been made to services. There is a real risk that time previously allocated for staff to undertake reflective practice may be reduced in future.

This one day conference will bring together clinicians who have experience in providing social and health care interventions across various specialities in mental health. The aim of the day is to explore how we can protect reflective practice and ensure that it remains a priority for all staff, service providers and commissioners. Learning points and good practice will be shared. The challenges experienced and possible limitations will also be discussed.

Key questions including the following will be considered:

- **Why don't all clinical staff practice reflectively?**
- **What are the questions we should be asking about reflective practice?**
- **How does reflective practice benefit service users? What does the evidence base say?**
- **How does reflective practice benefit service providers?**
- **How does it benefit us individually and as a team?**



Who Should Attend?

This conference will be relevant to all interested in this field as well as all professionals, including those from Local Authorities and NHS trusts across the UK, Psychiatrists, GPs, Psychologists, Psychotherapists, Counsellors, Early Intervention Teams, CPN's, OT's, Social Workers, Chaplains, Community Faith Leaders & Healers, Equality Leads, Community Development Workers, Service User Representatives, Charities, Third Sector, Educational Establishments, Academics and Policy makers



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PROGRAMME OF THE DAY

9.00 – 9.30

Registration, Tea & Coffee

9.30 – 10.40

NEIL THOMPSON

THEORISING PRACTICE
CHAIR & INTRODUCTION

10.40 – 11.30

GILLIAN RUCH

REFLECTIVE PRACTICE AND CULTURAL
COMPETENCE:
THINKING AND FEELING BENEATH THE
SURFACE AND AROUND THE EDGES

11.30 – 11.50

Tea & Coffee

11.50 – 12.40

LOUISE GRANT & GAIL KINMAN

ENHANCING EMOTIONAL RESILIENCE IN
SOCIAL WORK STUDENTS:
THE ROLE OF REFLECTIVE PRACTICE

12.40 – 1.00

Morning Q&A Session

1.00 – 2.00

Lunch & Networking

2.00 – 2.50

MALCOLM PAYNE

ON NOT PRACTISING REFLECTIVELY

2.50 – 3.40

MELANIE JASPER

DEVELOPING A WORKFORCE;
DEVELOPING OUR SERVICES:
MAKING THE MOST OF REFLECTING
IN PRACTICE

3.40 – 4.00

Tea & Coffee

4.00 – 4.30

Afternoon Q&A Session

4.30 – 4.45

Plenary, Closure & Evaluation sheets



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Speaker Profile

Dr Neil Thompson is an independent trainer, consultant and author. He has previously held full or honorary professorships at four UK universities. He has qualifications in social work; training and development; mediation and alternative dispute resolution; and management (MBA), as well as a first-class honours degree, a doctorate (PhD) and a higher doctorate (DLitt). Neil is a sought-after conference speaker and has presented in the UK, Ireland, Spain, Italy, Greece, the Netherlands, the Czech Republic, Norway, Hong Kong, India, Canada, the United States and Australia. He is a Fellow of the Chartered Institute of Personnel and Development; the Royal Society of Arts and the Higher Education Academy. Neil has over 150 publications to his name, including several best-selling books. His latest book is *Grief and its Challenges* (Palgrave Macmillan, 2012). He has also produced a range of education and training DVDs (www.avenuediasolutions.com). He has served as editor of the US-based international journal, *Illness, Crisis & Loss* and currently edits the free online newsletter, *Well-being BULLETIN* (www.well-being.org.uk). His personal website is at: www.neilthompson.info

Malcolm Payne is Policy and Development Adviser, St Christopher's Hospice London, a writer on social work and end-of-life care and Emeritus Professor, Manchester Metropolitan University. He has honorary appointments at Kingston University/St George's University of London Faculty of Health and Social Care; Opole University, Poland; Comenius University, Bratislava, Slovakia; Helsinki University, Finland. He is the author of: *Modern Social Work Theory* (3rd edn, 2005); *What is Professional Social Work?* (2nd edn, 2006), *Social Work in End of Life and Palliative Care* (with Margaret Reith, 2009), *Humanistic Social Work: Core Principles in Practice* (2011), *Citizenship Social Work with Older People* (2011) and many other publications. His widely-read blogs include *Social Care/Palliative Care* <http://blogs.stchristophers.org.uk/one/> and *Self-positioning*: <http://self-positioning.tumblr.com/>.

Melanie A. Jasper PhD, MSc, BNurs, BA, RN, RM, RHV, NDNcert, PGCEA is a Professor of Nursing and Head of the College of Human and Health Sciences, Swansea University. Her current research activity is constrained by the other demands of my various roles, but she recently delivered the second edition of the jointly authored 'Critical Reflection' text (with Gary Rolfe and Dawn Freshwater), and is working on several papers including the concept of reflective leadership, developing reflective strategies in research, and reporting the progress of an All-Wales professional development programme for ward managers. My publications include: Rolfe G, Jasper M and Freshwater D (2010) *Critical reflection in healthcare practice* Basingstoke, Palgrave. West S, Clark T and Jasper M (2007) *Enabling Learning in Nursing and Midwifery Practice: a guide for mentors*.

John Wiley and sons Ltd, Chichester. Jasper M (2006) *Professional Development, Reflection and Decision-making* Oxford, Blackwell Publishing. Jasper M and Jumaa M (2005) *Effective Healthcare Leadership*. Oxford, Blackwell Publishing.

Gillian Ruch is a senior lecturer in social work at the University of Southampton, UK, where she teaches and researches in the areas of child care social work and relationship-based and reflective practice. She is committed to enhancing the wellbeing of children, families and practitioners. In particular she is interested in promoting reflective forums that facilitate relationship-based practice and has recently co-edited with colleagues Ruch, G., Turney, D. and Ward, A. (2010) *Relationship-based Social Work: Getting to the Heart of Practice*, published by Jessica Kingsley.

Louise Grant is a Senior Lecturer in Social Work at the University of Bedfordshire UK. She is a registered social worker and a Fellow of the Higher Education Academy. Her research with Gail Kinman has focused on examining the underlying competencies for emotional resilience. Louise's main research interests are in reflective practice and emotional intelligence in social workers. She is working with Dr. Kinman in setting up an international network of researchers and practitioners interested in resilience in health and social care. Relevant Publications include: Kinman, G. & Grant, L. (2010) Predicting stress resilience in trainee social workers: the role of emotional and social competencies, *British Journal of Social Work*. Grant L & Kinman G (2011online) Enhancing wellbeing in social work students ;building resilience in the next generation, *Social Work Education the International Journal*. DOI (10.1080/02615479.2011.590931). Grant L & Kinman G (2010) The Challenge of Equipping Social Work Students with Resilience to Ensure Employability in Atlay M *Creating Bridges* University of Bedfordshire.

Dr Gail Kinman is Professor of Occupational Health Psychology at the University of Bedfordshire, UK. She is a Chartered Psychologist with the British Psychological Society, a Chartered Scientist and a Fellow of the Higher Education Academy. Dr. Kinman's primary research interests focus on work-related stress, work-life balance, emotional labour and emotional intelligence and their influence on the wellbeing of employees. Some relevant publications include: Kinman, G., Rodriguez, J. & McFall, O. (2011). The cost of caring? Emotional labour, wellbeing and the clergy. *Pastoral Psychology*, 60, 5, 671-680. Grant, L. & Kinman, G. (2011) Enhancing wellbeing in social work students; building resilience in the next generation. *Social Work Education* (in press). Kinman, G., Wray, S. & Hindler, C. (2011) Emotional labour, burnout and job satisfaction in UK teachers: the role of workplace social support, *Educational Psychology* <http://dx.doi.org/10.1080/02615479.2011.590931> Kinman, G. & Grant, L. (2011) Predicting stress resilience in trainee social workers: the role of emotional competencies. *British Journal of Social Work*, 41, 2, 261-275 Kinman, G. & Court, S. (2010) Psychosocial hazards in UK universities: a risk assessment approach. *Higher Education Quarterly*, 64, 4, 413-428.



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