

3 Assessment Criteria for Reflective Practice Component - Personal Learning Journal and Personal Development Profile

Name: John Dray Year: 3 Date: 2024/25

Word count

The PLJ is a reflection of your learning goals and personal development each day. 26 entries of a minimum of A4 (or equivalent) are required, demonstrating a commitment to daily reflection and reflective practice. This can either be handwritten or typed.

The tutors will read a selection of entries to assess whether you have met the requirements below.

The PDP uses excerpts from and / or references to entries in the PLJ to support your reflection on the year. The PDP must be typed.

Please be respectful of others by writing about your **own** experience and anonymising any reference to other members of your peer group.

Criteria	Comments
1. 26 Journal entries plus 2,500 word PDP completed.	PLJ and PDP complete except no mark sheet attached. I found your handwriting in the PLJ a little difficult to read, so I have not taken it in as much as I would like to. It may be better to type it up next year, although I appreciate that the physical writing is part of your process. Thank you for clarifying where to find the Fishbowl entries.
2. Set clear learning objectives and monitor the extent to which these are achieved.	Clearly set out and referenced throughout the PDP
3. Reflection on the course experience in terms of your thoughts, feelings and behaviours.	Evidenced throughout. A key theme is how you were able to free yourself up from being frozen during the Yr 2 group dynamic and to recognise that this year's cohort afforded you a much more supportive relational environment, in which you have flourished!
4. Exploration of awareness of self in relationship: ➤ internal contact with self ➤ quality of contact with peers ➤ quality of contact with staff ➤ quality of contact with clients	Your reflections focus on your conscious work on improving your relationship with your body, literally seeking to become stronger and specifically to empower your legs. My mind goes to Levine's work in enabling clients to move from freeze states to 'fight flight' ones

➤ quality of contact with significant others	and I wonder if at some level this is your healthy intent? This work seems particularly healing in view of the appalling bullying you experienced from your father. You make some insightful comments about your experience of your Year 2 peers and their unwanted attempts to mother/rescue you. Most important is your capacity to notice without becoming overly caught up in their energies. The same strikes me as true in your relationship with staff and the institute where rather than entering into the melee of your group you have, I think, been able to hold to a fair and mature perspective on undoubtedly difficult events. Your client work seems to be really taking off in both quantity and quality and it is appropriate that many of your Learning Goals relate to your practice. On the personal front I am very pleased to hear about your new relationship and conjecture that greater fulfilment is possible because of the degree of personal work you have undertaken..
5. Discussion of your ability to relate personal development to professional practice.	You have clearly been proactive in finding some growth-ful activities, courses and experiences which strengthen your Adult functioning, much as your climbing has quite literally strengthened your capacity to stand up for yourself. You notice how these developments have made you more available to your clients
6. Comment on your level of participation in experiential aspects of the training.	You have engaged with enthusiasm and at times with appropriate humour! I am really struck by your desire to learn and push yourself to 'give things a go' this year!
7. Demonstrate your commitment to personal growth and development.	You list an impressive amount of CPD you have undertaken to supplement and support your core training. This is in keeping with my comments above. In particular, you are developing your own special interests and areas of expertise through your placement for survivors of sexual violence and your work with members of the LGBTQ community
8. Clearly demonstrate reflective practice in	As therapist, I think that your expressed intent

relation to your fishbowl and triad experiences as both therapist and as client.	to use practice sessions with peers to experiment and learn is entirely appropriate and ethically discussed. Your journal entries relating to your work as therapist in Fishbowl then, seem surprisingly impersonally written and I don't get much sense of what you learned from these experiences. I do remember observing the second one and recall that you engaged effectively and coherently, having shifted very much from last year's 'collection of techniques' approach. As client I appreciate your frustration this year in working with Year 2 trainees with very little experience. I hope that Year 4 will be both more challenging and more supportive for you in this regard.
9. Comment on your learning from written assignments and identify any areas for further development.	Well, your essay writing capacity suddenly took off and went from 0 to 60 in milliseconds around the middle of the year, just as we were both fearing this might never happen. It seems this started with 'calling a spade a spade' and then thousands of other words were also freed up in quick succession! The quality of this outpouring has been of a high standard. As well as your exploration of the blocks to the writing process, I would like to have heard something specific about what you learned from the content of your essays.
10. Identify areas of learning and development that you wish to focus on in the year ahead.	You identify continuing to develop your client practice, building on the experiences of your placement as you consolidate your private practice under ATS. You do not mention any other learning goals and I am curious about the sparseness of this section.

PASS

General Comments and Feedback from Tutor
You chart a year of immense growth and development, which perhaps took some time to incubate during the first half of the year while you were absorbing and beginning to trust a sense of safety, and build a secure attachment with your peer group. This is paralleled by the greater security and strength in your body, which you explore here, as you trust it to support you and enable you to go

out into the world.

Your Journal and PDP capture these core themes but are sometimes a little lacking in detail and vibrancy.



Tutor Signature:

Date: 24.07.25.

If this work is referred, the trainee has 4 weeks to resubmit.