Perks, Processes, and Pitfalls of Reflective Practice

Perks. Reflective practice promotes several functions along the continuum of health professions education.1

Processes. Critical reflection, while not always demanded, is distinguished from nonreflection or introspection by the degree to which the individual—in response to a disorienting dilemma, conflict, or challenge—tackles the elements below to inform decisions or actions.2–4

Pitfalls. Depending on context and culture, the process of critical reflection can be puzzling or painful.4

References:

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