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.\(^2,3\)

**Pitfalls.** Depending on context and culture, the process of critical reflection can be puzzling or painful.\(^4\)

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**References:**

**Author contact:** shiva.sarraf@duke-nus.edu.sg