



Reflective Diary

Writing a reflective diary is a powerful self-reflective and self-evaluation tool. Each individual has a different way of keeping a reflective diary. When working with people with PTSD, volunteers and other type of social helpers working in NGO sector, often experience distress. Writing a reflection log is very important tool for monitoring and evaluating own experience.

Module

- Self care

Submodules

- Supervision

Group size

- Small group

Duration

- 60 - 90 min

Keywords

self-reflection, self-exploration

Aims

The tool can be used to describe individual work engagement, evaluate important events in work related platform, reflect on own habits and behaviour and enhancing personal development.

Participants

The activity is suitable for individual work BUT could also be used in a group work (Small group between 7-12 participants) with the experienced supervisor.

Description

Each individual will have a different way of keeping a reflective diary. There are, however, some general points to reinforce to learners about it. It should be:

- A record which is useful to you
- A cue to memory
- Honestly written
- Enjoyable to you in its production

Getting Started:

- Set aside time for writing
- Allow time for the sifting of thoughts and ideas
- Do not worry about style, presentation
- Remember that the aim is to facilitate reflection on practice
- Find evidence to back-up your thoughts: what evidence do I have for what I have just written?

Begin by asking:

- How do I see my role as a professional (purposes and intentions)?
- Why did I become a professional?
- What kind of professional/practitioner do I think I am?
- What values do I believe in?

The exercise is meant for individual writing of a reflective diary which can be used for the purpose of reflection of one's own profession, work productivity, well-being in the workplace and can, with regular use, be a very powerful tool for checking these areas. It is important that the exercise is done regularly and consistently.

We conclude the activity with a discussion and feedback from the participants.

Material

paper, pen

Method

self-awareness, internalization, reflexion

Advice for Facilitators

The supervisor can be a big help to people that chose to write a reflective diary. He should offer information about the instructions of writing down this activity, what reflection means, how to correctly fill out a supervision form, etc.

Source (APA)

Adapted from: Maclean, S. (2010). *Social Work Pocket Guide to Reflective Practice*. Lichfield, WS: Kirwin Maclean Associates Ltd

Handouts

You may download the handout from [here](#).

Contributor

Integra Institute (Sonja B. Eisenreich).



CC - Attribution-NonCommercial-NoDerivatives
<http://creativecommons.org/licenses/by-nc-nd/3.0/>

Reflective Diary. Retrieved Saturday November 23, 2024, from :
<https://onlinematerial.posttraumatic-integration.eu/courses/PTIP118/>

Co-funded by the
Erasmus+ Programme

of the European Union



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

<https://posttraumatic-integration.eu/>