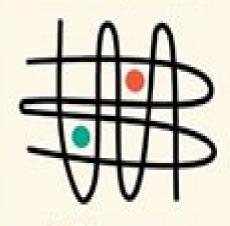
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emphasising the importance of personal growth processing emotions building resilience and issues of diversity intersectionality and positionality Throughout the book Barbara Bassot illustrates the process of critical reflection using examples and case studies drawn from a range of professional contexts offering an interdisciplinary model of practice that may be applied to many settings Drawing on literature from a range of disciplines chapters explore the key aspects of reflection including Developing self awareness The role of writing in reflection Reflecting with others The importance of emotions and processing feelings Managing change Learning from experiences Self care and avoiding burnout The book is extended and enhanced through Instructor and Student Resources that include additional content including case studies reflective activities diagrams and videos These can be found at www routledge com cw bassot This essential text offers support guidance and inspiration for all students in the helping professions including education health social care and counselling who want to gain greater self awareness challenge assumptions and think about practice on a deeper level

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