

Self-reflection as...

a **personal definition:**

"a time to dig deeper into yourself; what worked well or what didn't"

an **example** to inform practice:

"I learned that I should have a variety of activities..."

an **important role** in growth development:

"just being able to better yourself for the next person you see."

a varied tool for **personal use:**

"I self-reflect at a deeper level if I'm outside in nature."

an **outcome** of OC & CP:

"thinking through before the next day what I could try differently that may be more beneficial to the patient."

Reflection Therapy

Thomas Griffiths



Reflection Therapy:

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