**School of Applied Psychology**

**Doctor of Clinical Psychology**

**Personal & Professional Development (PPD)**

**Reflective Logs**

**Purpose:**

For trainees to reflect on and record their own learning and development across training in all areas of Personal and Professional Development (PPD).

**To include:**

* Record of Course Tutor Meetings and Individual Learning Plans (ILPs)
* Brief personal reflections after each Personal Awareness Groups (PAGS), aligned with a PPD topic and learning objectives (max. 4 bullet points).
* Brief personal reflections after each Assessment and Formulation (A+ F) Clinic when the trainee presents a case, aligned with an identified PPD topic and learning objectives (max. 4 bullet points)

**Process:**

* It is the trainee's responsibility to keep their Reflective Log up to date.
* At Course Tutor Meetings, trainees will review their Reflective Log with their Course Tutor
* This review will contribute to identifying any additional PPD goals for their Individual Learning Plan (ILP).
* The Reflective log may also be helpful in completing Reflective Practice assignments at the end of year 1 and year 2.

**Personal Awareness Groups (PAGS)**

*(Use one template per PAG)*

**Reflective Log**

|  |  |
| --- | --- |
| **PAGS Date** |  |
| **PPD Topic(s) Considered:** |  |
| **Reflections:** |  |

**Assessment and Formulation (A &F) Clinics**

*(Use one template per A&F Clinic)*

**Reflective Log**

|  |  |
| --- | --- |
| **A & F Date** |  |
| **Case Presented** |  |
| **PPD Topic(s) Considered:** |  |
| **Reflections:** |  |