Contents

List of Contributors vi
Preface ix

1 An introduction to reflection 1
   Chris Bulman
2 Developing skills for reflective practice 23
   Sue Atkins and Sue Schutz
3 Writing to learn: writing reflectively 53
   Sylvina Tate
4 Reflecting in groups 93
   Bernadette Carter
5 An exploration of the student and mentor journey into reflective practice 121
   Charlotte Maddison and Pam Sharp
6 Supervision for supervisors: icing on the cake or a basic ingredient for the development of clinical supervision in nursing? 150
   John Driscoll and Paul Cassidy
7 A personal exploration of reflective and clinical expertise 177
   Sue Duke
8 Assessing and evaluating reflection 201
   Sue Schutz
9 Getting started on a journey with reflection 225
   Chris Bulman

Index 254