

## HSE National Clinical Programme for Eating Disorders

### REFLECTIVE LOG

Date: \_\_\_\_\_

Ref/ session no: \_\_\_\_\_

**1. 'Self Lens\*:**

*What have I learned today? What are my insights? What were the challenges?*

**2. 'Patient' Lens**

*What was the patient feedback today? What are they reporting in terms of progress/ challenges?*

**3. 'Lens of the literature'**

*What does the literature/ research/ programme indicate that I could/ should consider next?*

**4. 'Colleague' Lens**

*Do my team or ED colleagues/ co-therapists/ peer supervision group have any advice, suggestions or reflections that may be useful?*

*\* Adapted from Brookfield, 1995*

**My goals\*\* for my next steps:**

1.

2.

3.

\*\* S.M.A.R.T.

