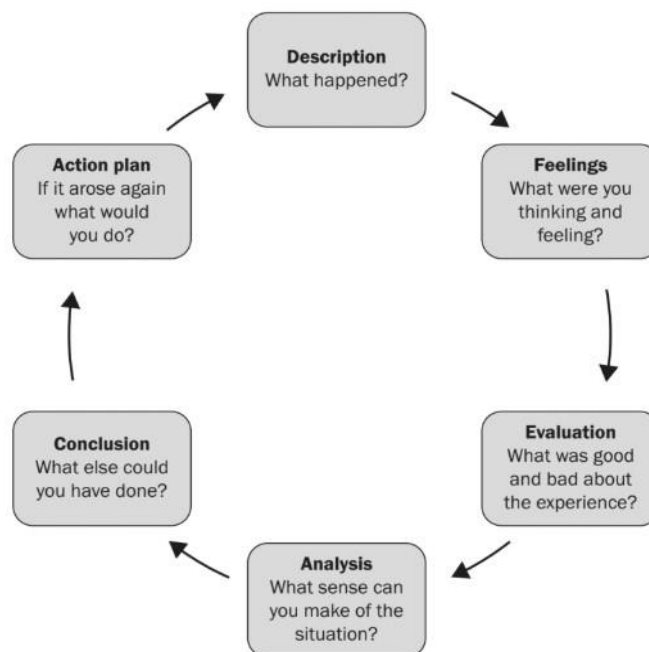


An Introduction to Reflective Writing Resources

Gibbs' Reflective Cycle

Gibbs created this 'structured debriefing' tool to support experiential learning and to guide reflection. It was designed as a template to prompt routine reflection on regular tasks and frequently encountered situations, but it can also be used to examine standalone experiences.



Each step is considered sequentially, but the whole process is iterative:

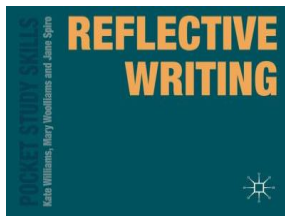
1. **Description:** Briefly outline the experience and the context in which it occurred.
2. **Feelings:** Describe thoughts and feelings that arose.
3. **Evaluation:** Objectively discuss both positive and negative aspects of the experience.
4. **Analysis:** Draw together observations and examine how these factors have interacted. This section benefits from receiving particular attention. Draw on existing knowledge and past experience and reflect on the role of others involved in the situation.
5. **Conclusion:** Focus on learning, including knowledge acquired, and skills/ behaviours to be developed.
6. **Action Plan:** Designate specific actions to be taken forwards.

The University of Edinburgh has produced a brief [reflective toolkit](#) which you may find helpful. For those wanting to study the model in detail, a digital copy of Graham Gibbs' original text can be found [here](#)¹.

Other Models of Reflection: Driscoll, ERA, Kolb

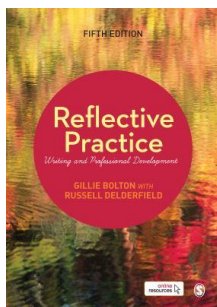
In healthcare, Gibbs is frequently cited as a reflective framework. However, there are a number of other models that you may wish to explore, and this [overview](#) by the University of Cambridge is a good introduction.

Introductory Texts at UHS Libraries



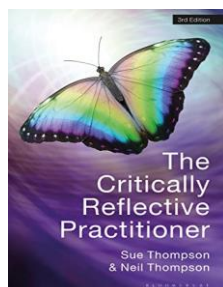
Reflective Writing: Pocket Study Skills

Williams K, et al. 2nd ed. London: Bloomsbury, 2020



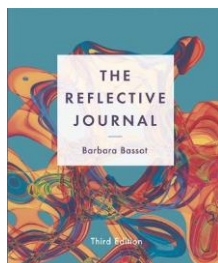
Reflective Practice: Writing and Professional Development

Bolton G, et al. 5th ed. London: Sage, 2018



The Critically Reflective Practitioner

Thompson S, et al. 3rd ed. London: Bloomsbury, 2023



The Reflective Journal

Bassot B. 3rd ed London: Red Globe Press, 2020

Learning by Doing: A Guide to Teaching and Learning Methods [online, 2013 ed] Oxford Centre for Professional Development.

Link to our catalogue:

[KSS Knowledge & Library Services catalogue \(koha-ptfs.co.uk\)](https://koha-ptfs.co.uk)

Resources for Nurses, Midwives, AHP's and associated students

Nursing and Midwifery Council: Written Reflective Accounts

<https://www.nmc.org.uk/revalidation/requirements/written-reflective-accounts/>

Royal College of Nursing: Reflective Discussion

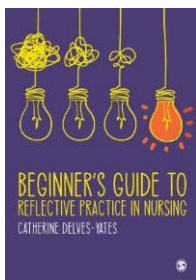
<https://www.rcn.org.uk/professional-development/revalidation/reflection-and-reflective-discussion>

Health and Care Professions Council: Reflective Practice

<https://www.hcpc-uk.org/standards/meeting-our-standards/reflective-practice/>

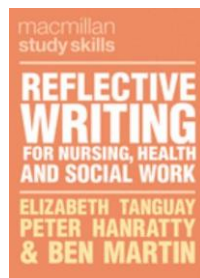
Royal College of Midwives: Introduction to Reflection (Member login required)

<https://www.ilearn.rcm.org.uk/enrol/index.php?id=66>



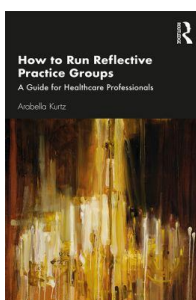
Beginner's Guide to Reflective Practice in Nursing

Delves-Yate C. Los Angeles: Sage, 2021



Reflective Writing for Nursing, Health and Social Work

Tanguay E, et al. London: Red Globe Press, 2020



How to Run Reflective Practice Groups: Guide for Healthcare Professionals

Kurtz A. Abingdon: Routledge, 2020

Link to our catalogue:

[KSS Knowledge & Library Services catalogue \(koha-ptfs.co.uk\)](http://koha-ptfs.co.uk)

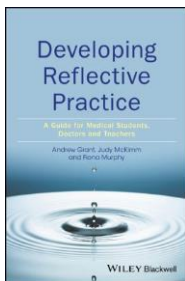
Resources for Doctors and Medical Students

General Medical Council: The Reflective Practitioner

<https://www.gmc-uk.org/education/standards-guidance-and-curricula/guidance/reflective-practice>

Academy of Royal Medical Colleges: Reflective Practice

<https://www.aomrc.org.uk/reports-guidance/reflective-practice/>



Developing Reflective Practice: A Guide for Medical Students, Doctors and Teachers

Grant A, et al. Chichester: John Wiley, 2017

Further Information

Access to a vast range of online resources and databases are available from the [library website](#) (OpenAthens login required) If you need help with this or locating a particular resource, please do get in touch with the library service desk: uhsussex.library@nhs.net