

Reflective practice journal for the 4+2 internship program

Provisional psychologists undertaking the 4+2 internship program are expected to engage in regular self-reflective practice.

You must keep a written record of reflection in a reflective practice journal. You may use the template below or keep the journal in another format as agreed to by you and your supervisor. You must engage in written reflection at least weekly and should take your reflective practice journal to each meeting with your supervisor for review and discussion.

There is no set amount that you need to write, however your supervisor may give you guidance on their expectations regarding the regularity and extent of your written reflective practice.

Written reflection may include:

- summaries or descriptions of the work you have been doing and recording in your log book
- reflections on what you have done well and what you could have done differently
- how you have applied things you have learned in professional development, supervision and private study to your practice
- reflection on what you have learned, how this relates to your internship program plan, and action you have, or will, take in response to this learning.

Date	Reflective practice journal

Reviewed by supervisor on [DD/MM/YY]

Supervisor's name:

Signature: