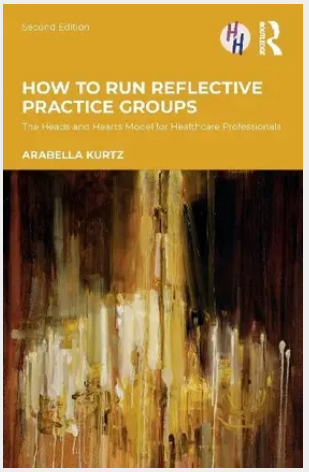
Kurtz

# How to Run Reflective Practice Groups

The Heads and Hearts Model for Healthcare Professionals




In this second edition of How to Run Reflective Practice Groups: The Heads and Hearts Model for Healthcare Professionals Arabella Kurtz provides a comprehensive guide to the facilitation of reflective practice groups with the aim of demystifying reflective practice and providing structure and purpose. Responding to the rapidly increasing demand for reflective practice groups in healthcare and drawing on her extensive experience as a facilitator and trainer, Kurtz presents a fully developed, eight-stage model: The Heads and Hearts Model of Reflective Practice Groups. The book offers a guide to the organisation, structure and delivery of group sessions, with useful suggestions for overcoming commonly encountered problems and promoting empathic relationships with clients and colleagues. The second edition has been enlarged and updated, with new chapters on the role of the facilitator and management of group dynamics, what can be learnt from research in the area, and adaptations of the model for brief, responsive reflective practice and the facilitation of groups online. Clearly and accessibly written, using full situational examples for each stage of the presented model, How to Run Reflective Practice Groups offers a comprehensive guide to facilitating reflective practice for any healthcare professional.

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