

Transforming Nursing Through Reflective Practice

Perspective transformation, leading to transformative learning, occurs infrequently. Jack Mezirow believes that it usually results from a "disorienting dilemma" which is triggered by a life crisis...

Dreyfus model of skill acquisition It has been used in fields such as education, nursing, operations research, and many more. It has been used in fields such as education, nursing, operations research, and many The Dreyfus Model of Skill Acquisition (or the "Dreyfus Skill Model") describes distinct stages learners pass through as they acquire new skills. distinct stages learners pass through as they acquire new skills

Reflective practice Reflective practice is the ability to reflect on one's actions so as to take a critical stance or attitude towards one's own practice and that of one's peers, engaging in a process of continuous adaptation and learning. This leads to developmental insight". A key rationale for reflective practice is that experience alone does not necessarily lead to learning; deliberate reflection on experience is essential. According to one definition it involves "paying critical attention to the practical values and theories which inform everyday actions, by examining practice reflectively and reflexively

Reflective writing " The. Thus, in reflective writing, the focus is on writing that is not merely descriptive. Many reflective writers keep in mind questions such as "What did I notice. The writer revisits the scene to note details and emotions, reflect on meaning, examine what went well or revealed a need for additional learning, and relate what transpired to the rest of life. " when reflecting. " or "What might I have done differently. Reflection has been defined as "a mode of inquiry: a deliberate way of systematically recalling writing experiences to reframe the current writing situation. ", "How has this changed me. Reflective writing is an analytical practice in which the writer describes a real or imaginary scene, event, interaction, passing thought, or memory and Reflective writing is an analytical practice in which the writer describes a real or imaginary scene, event, interaction, passing thought, or memory and adds a personal reflection on its meaning

Meditation The Buddhist tradition often divides meditative practice into samatha, or calm Meditation is a practice in which an individual uses a technique to train attention and awareness and detach from reflexive, "discursive thinking", achieving a mentally clear and emotionally calm and stable state, while not judging the meditation process itself. receptive: open monitoring; reflective: systematic investigation, contemplation

The notions of spiritual philosophy, for some individuals, diverge from the long-standing history and tradition of institutionalised religion with believers of faith using the practices, beliefs and rituals of their organised religion to connect with their spirituality. In these instances, the practice of spiritual philosophy centres around...

Cultural competence in healthcare Ethnocentrism is the belief that one's culture is better than others. This is a bias that is easy to overlook which is why it is important that

healthcare workers are aware of this possible bias so they can learn how to dismantle. Cultural competence is a practice of values and attitudes that aims to optimize Cultural competence in healthcare refers to the ability of healthcare professionals to effectively understand and respect patients' diverse values, beliefs, and feelings. The goal of cultural competence in health care is to reduce health disparities and to provide optimal care to patients regardless of their race, gender, ethnic background, native language, and religious or cultural beliefs. This process includes consideration of the individual social, cultural, and psychological needs of patients for effective cross-cultural communication with their health care providers. include the cultured-centered approach and the reflective negotiation model 28f6fd6868

Spiritual philosophy Spiritual philosophy can also be solely based on one's personal and experiential connections. It can include any belief or thought system that embraces the existence of a reality that cannot be physically perceived. Nightingale incorporated spiritual philosophy into her practicing of nursing in order for herself, and Spiritual philosophy is any philosophy or teaching that pertains to spirituality. It may incorporate religious or esoteric themes. being integrated into practice of modern nursing. Concepts of spiritual philosophy are not universal and differ depending on one's religious and cultural backgrounds 28f6fd6868

Reflective practice can be an important tool in practice-based professional learning settings where people learn from their own professional experiences, rather than from formal learning or knowledge transfer... 28f6fd6868

Emancipatory pedagogy It aims to create a more just and democratic society by empowering learners to critically examine their social and political realities and take action to transform them. action to transform them. Emancipatory pedagogy can be applied in various educational settings, including schools, universities, and community-based organizations. Pioneers of critical and emancipatory pedagogy, such as bell hooks, have argued that education should be a practice of freedom. Rooted in critical pedagogy, emancipatory pedagogy challenges traditional educational practices that reinforce societal inequalities. Pioneers of critical and emancipatory pedagogy, such as bell hooks, have argued that education should be a practice of freedom Emancipatory pedagogy is a philosophy of education and practice that emphasizes liberating learners from any form of oppression that could limit their choices and control over their lives 28f6fd6868

Meditation is practiced in numerous religious traditions, though it is also practiced independently from any religious or spiritual influences for its health benefits. The earliest records of meditation (dhyana) are found in the Upanishads, and meditation plays a salient role in the contemplative... 28f6fd6868 Transformative learning is the expansion of consciousness through the transformation of basic worldview and specific capacities of the self; transformative learning is facilitated through consciously directed processes such as appreciatively accessing and receiving the symbolic contents of the unconscious and critically analyzing underlying premises. 28f6fd6868 The goal of sociotherapeutic interventions are to help reduce pain and suffering while increasing satisfaction, happiness, and effective... 28f6fd6868

Sociotherapy It does not Sociotherapy is a transdisciplinary partnership approach to addressing social and mental health concerns, wellness, and the struggles people experience. These interwoven relational systems together form each client's relational ground—the dynamic field within which self, experience, agency, and transformation emerge. effective functioning. Grounded in an understanding of the dynamic interdependence between individuals, communities, social structures, and the environment, Sociotherapy emphasizes that human experience is relationally constituted. It is a holistic, sociology-informed clinical practice that attends to the whole person within the full context of their lived situation. Sociotherapy is an evidence-based practice that promotes well-being through relational interventions and partnership 28f6fd6868

Holistic nursing There are many theories that support the importance of nurses approaching the patient holistically and education on this is there to support the goal of holistic nursing. In holistic nursing the nurses are Holistic nursing is a way of treating and taking care of the patient as a whole body, which involves physical, social, environmental, psychological, cultural and religious factors. This speciality has a theoretical basis in a few grand nursing theories, most notably the. Holistic nursing is a nursing speciality concerning the integration of one's mind, body, and spirit with their environment. This emphasizes that patients being treated would be treated not only in their body but also their mind and spirit. The important skill to be used in holistic nursing would be communicating skills with patients and other practitioners. of holistic nursing all other nursing knowledge is included which once again developed through reflective practice 28f6fd6868

Transformative learning doi:10. 11 (2): 259–269. (2010). 1080/14623941003672428 Transformative learning, as a theory, says that the process of "perspective transformation" has three dimensions: psychological (changes in understanding of the self), convictional (revision of belief systems), and behavioral (changes in lifestyle). Reflective Practice. "Constructing a learning partnership in transformative teacher development" 28f6fd6868

Techniques are broadly classified into focused (or concentrative) and open monitoring methods. Focused methods involve attention to specific objects like breath or mantras, while open monitoring includes mindfulness and awareness of mental events. 28f6fd6868

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