

Title	Apply self-reflection in a health or wellbeing setting		
Level	4	Credits	6

Purpose	<p>This unit standard is targeted at people with significant experience of providing services in a health or wellbeing setting.</p> <p>People credited with this unit standard are able to demonstrate knowledge of self-reflection, and apply self-reflection in own role in a health or wellbeing setting.</p>
----------------	--

Classification	Health, Disability, and Aged Support > Health and Disability Principles in Practice
-----------------------	---

Available grade	Achieved
------------------------	----------

Guidance information

1 Definitions:

- *Health or wellbeing setting* includes but is not limited to:— the acute care, aged care, community support, disability, mental health, social services and youth development sectors.
- [Organisational policies and procedures: policies, procedures, and methodologies of an organisation. They include legislative and regulatory requirements which may apply across an organisation, a specific site, or a workplace. Requirements are documented in organisational health and safety plans, contract work programmes, quality assurance programmes, policies, and procedural documents such as job descriptors and employment contracts. Organisational standards refers to the — policies, procedures and practices which reflect an organisation's service philosophy and the current and relevant ethical, legislative regulatory and contractual requirements to which the setting or role is subject. Organisational standards may be documented in the organisation's vision and values, standard operating procedures, health and safety plans, contract work programmes, quality assurance programmes, policies and procedural documents and codes of conduct and/or ethics.](#)

2 References:

- Gibbs, G, G. (1988). *Learning by Doing: a guide to teaching and learning methods - eBook*. Oxford: Oxford Polytechnic Further Education Unit. Retrieved August 27, 2020, from <https://shop.brookes.ac.uk/product-catalogue/oxford-centre-for-staff-learning-development/books-publications/ebooks/learning-by-doing-a-guide-to-teaching-and-learning-methods-by-graham-gibbs-ebook>

- Johns [G.C.](#) (2017). *Becoming a reflective practitioner: a reflective & holistic approach to clinical nursing, practice development & clinical supervision* (5th ed.). Oxford; Wiley-Blackwell. Science
- Rolfe, G., Freshwater, D. and Jasper, M. (2001). *Critical Reflection for Nursing and the Helping Professions: A User's Guide*. Basingstoke: Palgrave Macmillan.
- [The Eden Alternative](#)©. (n.d.). *Mission, Vision, Values, Principles*. Retrieved August 27, 2020, from <https://www.edenalt.org/about-the-eden-alternative/mission-vision-values/>

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of self-reflection in a health or wellbeing setting.

Performance criteria

- 1.1 [Purpose of self-reflection](#) is explained in terms of its benefits to self, the people being supported, and the organisation.
- 1.2 The process of self-reflection is explained using [one recognised](#) model.
- Range models may include but are not limited to: — Gibbs (1988) Reflective Cycle, Johns (2017) Model for structured reflection, Rolfe et al (2001) Framework for reflection.

Outcome 2

Apply self-reflection in own role in a health or wellbeing setting.

Performance criteria

- 2.1 Self-reflection is applied using [one recognised](#) model and/or strategies adapted from [the recognised](#) model.
- 2.2 Self-reflection is supported by seeking feedback from others in accordance with organisational [standards policies and procedures](#).
- 2.3 Self-reflection is evaluated in terms of its influence on changing own practice.

Planned review date	31 December 2025
----------------------------	------------------

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	18 June 2015	31 December 2017
Review	2	16 June 2016	31 December 2022 N/A

Process	Version	Date	Last Date for Assessment
Review	3	MM 2020	

Consent and Moderation Requirements (CMR) reference	0024
--	------

This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

~~Please contact [Careerforce info@careerforce.org.nz](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard. Please contact the Community Support Services ITO Limited info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.~~